# Carolina country

September 2018

## Inspiration On the Farm

page 10

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Kristi Grove is one of about 70 farmers supported by NC AgrAbility, which helps farmers disabled by accidents or chronic illnesses. Read about Grove and others' experiences on page 10. Photo by Randy Berger Photography.

CALL FOR SUBMISSIONS:

### Carolina Country Scenes

*Our annual photo contest has arrived! Send in your best to be considered for our January issue. See page 41 for details.*

Carolina country

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# Farming on a Modern Grid

*By Keith Dennis*

It might not be obvious when you turn the lights in your house, but we're changing the way we produce and use electricity. With these changes come opportunities, including some exciting opportunities for co-op members who own and operate farms. By taking advantage of technology advances, agricultural members will be able to improve operations, save money and help the environment all at once.

New electric technologies are more efficient than their diesel, propane and gas-powered counterparts. High-efficiency motors, batteries and communications systems are making these electric equipment and appliances more reliable, more flexible and more economical for new uses.

The way we generate electricity is also becoming cleaner. By using renewable energy sources as well as nuclear power, North Carolina's electric cooperatives are reducing carbon dioxide and other emissions (see "Where Our Power Comes From," June 2018, page 7).

All these factors create benefits for electrifying farm equipment including reduced energy costs, reduced maintenance costs, energy and water use optimization through sensors and smart controllers, noise and pollution reduction, and reduced labor costs through process automation.

The best news? These options are getting cheaper. Way cheaper. Here are some energy trends on the horizon for farmers:

**Irrigation systems.** Traditional irrigation systems gobble significant amounts of energy. Typical diesel motors operate at about 30 to 40 percent energy efficiency, while some of the new electric systems have efficiencies of 90 percent or higher. High-efficiency electric irrigation systems can produce substantial cost savings. They also cost less to maintain. Newer models allow for a variable frequency drive, which can dramatically reduce irrigation costs.

**Electric tractors.** John Deere debuted its "Sustainable Energy Supply for Agricultural Machinery" (SESAM) tractor in December 2016, the industry's first fully battery-powered tractor. This tractor features a maximum output of 400 horsepower and can operate for up to four hours, with a recharging time of around three hours.

Other manufacturers, such as Deutz, Fendt and AGCO, are also developing electric tractors in anticipation of an evolving marketplace. As with other electric vehicles, the price of lithium ion batteries will be a major factor determining whether and how electric tractors go mainstream.

**Space heating.** Heating for livestock facilities is typically supplied by fossil fuel systems. Virtually all poultry broiler barns in the U.S. are heated with fossil fuels, for example, mostly propane (82 percent) and natural gas (13 percent). Switching to an electric system offers several advantages, including cost-savings opportunities from the increased efficiency of electric systems and more stable energy prices. In addition, barns using electric heat are more comfortable for the livestock.

Several commercially available technologies could provide electric heating, including thermal electric storage systems, waste heat recovery systems, electric radiant heaters and heat pumps. Electric water heaters, grain dryers and maple sap evaporators are also making their way to markets.

Electric co-ops are on the leading edge of innovation, working across the industry to prepare our electric system for the big changes that are coming. In the end, however, regardless of how innovative a technology may be, the motivation of a farmer to electrify equipment ultimately comes down to cost and convenience.

Electricity transformed farms completely for previous generations of farmers. As costs continue to come down for new agricultural technologies, it promises to do so yet again for the next generation.

*Keith Dennis is senior director of Strategic Initiatives at the National Rural Electric Cooperative Association.*

THIS MONTH'S ISSUE:

# NC Agriculture

More than 8 million acres are dedicated to farm operations across North Carolina, according to the NC Department of Agriculture & Consumer Services, representing a quarter of our state's landmass. Agriculture and agribusiness contributed more than $87 billion to our state's economy in 2016, according to NC State, representing 730,000 jobs. That's a big deal. Within that massive industry, we've found a few examples of why it makes us proud, which we're happy to share in this month's issue.

*—Scott Gates, editor*

## Saving the Sea Turtles

I am a member of the Ocean Isle Beach Sea Turtle Protection Organization (oibseaturtles.org). I was sad to see on page 24 of your August magazine ("Tar Heel Tidbits") a photo and a message encouraging folks to take flashlights or lanterns, after sunset, to hunt for ghost crabs on the beach.

Deb Allen

Sea turtle hatchlings, coming out of a nest, may go toward the lights on the beach instead of going toward the ocean to swim away. Sometimes they come out when no turtle folks are around. If we are there, we ask folks to please turn off their lights for the safety of the hatchlings.

Also, if a mama sea turtle has come on the beach to lay her eggs and sees the lights, she may turn around and go back into the ocean without laying her eggs.

I do enjoy your magazine each month and look forward to getting it. Help us save the sea turtles!

*Anne Neely, Shallotte, a member of Brunswick EMC*

## More on Pet Doors

*Reader responses to "Energy Considerations for Pet Doors," July 2018, page 30*

For anyone interested in pet doors, there is another kind not mentioned in the article.

I have a panel with a pet door in it, that goes in the track of my sliding glass door. The glass panel is 10¾ inches wide, and the height of the sliding glass door. It goes in like a storm pane, and has a solid panel to cover the flap my dog goes in and out of, when I don't want him to use his door. I am 85 years old, female, and can remove the entire panel as needed. I have had this unit for over 10 years. It worked for the last dog, who weighed about 50 pounds (a little snug) and for my current dog, who weighs about 25 pounds. What I like most of all, is that it isn't a permanent installation. There was a six-month period, between dogs, when it sat in the garage, and if I would be away for and extended time, it could, again, be put in the garage. (I ordered it from a catalog but can't remember which one.)

I have been a member of Rutherford EMC for more than 20 years. I feel sorry for anyone not having their electric needs supplied by a co-op. I enjoy Carolina County, look forward to receiving it, and miss the letters remembering the past, when not included. I am confident you will continue to keep up your good work.

*Submitted via email by a Rutherford EMC member*

A drawback to consider for the pet door is also weather. Our dog door went straight outside, no porch roof or awning to head off bad weather. When it was windy and rainy, water would blow into the kitchen from the door. This rotted that part of the kitchen floor and had to be replaced.

*Mary Hopkins Currie, a member of Four County EMC*

## Online Recipe Upgrade

It would be nice if [these recipes] could be printed.

*Faye Dinger, submitted on carolinacountry.com*

**Editor's Note:** Thank you for the suggestion, Faye! We have added a "Print Recipe" link at the top of each recipe page just under the recipe title. Click the link, then click the green "Print" button to send it to your printer. Find (and print) more than 500 recipes online at carolinacountry.com/recipes.


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Randolph EMC

*Randolph EMC directors and senior management at the NC Zoo ribbon-cutting with representatives from North Carolina's Electric Cooperatives.*

## Randolph EMC Installs EV Chargers at NC Zoo

Randolph EMC recently partnered with ChargePoint to install four electric vehicle (EV) charging stations at the North Carolina Zoo in Asheboro. The chargers are among the first in North Carolina located at a major paid attraction that is served by an electric cooperative.

"Randolph EMC recognizes the importance of investing in EV charging infrastructure as a way to encourage environmental sustainability, commerce and tourism in the communities we serve," said its CEO, Dale Lambert. "We had partnered with the zoo on other initiatives and knew that it would be an ideal fit for the implementation of EV technology to further these goals."

Even with major interstates across the state, it's impossible for vacationers to reach North Carolina's mountains and beaches without passing through communities served by electric co-ops. The new zoo charging stations are part of a larger network of charging stations North Carolina's electric cooperatives are developing across the state that will not only support tourism and economic development, but also facilitate access to electric vehicle technologies in rural communities.

### National Drive Electric Week

September 8–16 is National Drive Electric Week, marked by opportunities across the state to learn about all-electric and plug-in hybrid-electric cars, trucks, motorcycles and more. Visit driveelectricweek.org and pluginnc.com for listings of NC events and electric car shows being held throughout the week.

## NC Co-ops Champion Broadband at Rural Development Summit

Rural broadband infrastructure is critical infrastructure. That was the shared message of Joe Brannan, executive vice president and CEO of North Carolina's Electric Cooperatives, and Marshall Cherry, chief operating officer of Roanoke Electric Cooperative, at the "Energizing Rural North Carolina" event hosted by the Economic Development Partnership of North Carolina.

The two-day conference, held in July, brought together local economic development and community leaders from across the state to share insights and develop strategies for encouraging rural economic development through five major building blocks: infrastructure, workforce, education, health and leadership.

During the infrastructure portion of the program, Brannan discussed the electric cooperatives' support for bringing high-speed broadband service to rural North Carolina. Cherry provided a specific example by giving an overview of Roanoke Connect, Roanoke Electric Cooperative's initiative to develop broadband technology that will not only increase grid flexibility and efficiency, but also provide a broadband connection to underserved homes and businesses in its region of the state.

Brannan and Cherry discussed how such initiatives could be replicated elsewhere in the state, and how those involved in rural economic development can assist in broadband efforts.

"This is an issue we need to address on all fronts," Brannan said. "Our smaller communities deserve the opportunities that come with reliable connectivity, and we support efforts to make affordable broadband service a reality and promote a high quality of life for all North Carolinians."

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Electric co-ops across the nation are dedicated to making our voices heard at the polls. Plan to vote this November to support issues important to our communities.

Register to Vote in North Carolina by **October 12** to make your voice heard on Election Day. Absentee voting by mail begins **September 7** and Early Voting runs from **October 17** through **November 3**.

To learn more about registering to vote, visit **ncsbe.gov**. Voter registration applications are also available at the following locations:

- ★ Public libraries, public high schools and college admissions offices
- ★ NC State Board of Elections
- ★ County Boards of Elections

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# French Broad EMC Funds Regional Food Hub

## Tractor Food and Farms supports local farmers and food access

A former sock factory nestled among the mountains of Yancey County has recently been reborn as a critical resource to local farmers, thanks in part to funding secured by French Broad EMC. Last year, Tractor Food and Farms, a nonprofit "food hub" that provides services to family farms across nine counties, more than doubled its space by moving into the old factory.

French Broad EMC partnered with the organization to secure a $208,000 grant through the U.S. Department of Agriculture's Rural Economic Development Loan and Grant (REDLG) program. North Carolina's electric cooperatives are national leaders in using REDLG funds to support economic development in their communities.

"This is another great example of how the REDLG program benefits the rural cooperative areas we serve," said Jeff Loven, manager of the Marshall-based electric cooperative. "Tractor Food and Farms is a central piece to overall food resiliency and food sustainability within our community."

Using the REDLG funds, in addition to a $41,670 match from the electric cooperative and a $54,000 investment from Tractor Food and Farms, the organization was able to fully convert the space from its textile past (manufacturing socks and sock monkeys) to a state-of-the-art food-grade operation. A new electrical system, fire suppression system, office space and walk-in freezers were part of the retrofit.

*French Broad EMC's Burnsville District Manager Tracy Evans presents funds to Tractor Director Robin Smith, joined by representatives from the nonprofit as well the Yancey County Economic Development Commission and Mitchell County Cooperative Extension.*

"We needed to expand," said Tractor Food and Farms Director Robin Smith. "We physically didn't have space for the staff that we were hiring, so it was important that we have a new facility as we grow and provide farmers with all of the tools they need to be successful in farming."

The organization serves small farmers by providing shared services that many couldn't otherwise afford. Growers have access to specialized training as well as use of washing and packing equipment, commercial refrigeration, farming equipment and product delivery services. The organization also works with large buyers, coordinating bulk purchases among several farmers and ensuring individual farmers are paid on a regular basis.

Additional work includes a partnership with the Dig In! Yancey Community Garden to get fresh produce to senior centers through the Meals on Wheels program, as well as a partnership with Reconciliation House to provide "summer food boxes" to children with limited food access outside of the school year. Since 2015, Tractor Food and Farms has donated nearly four tons of produce to Reconciliation House.

"The building has given us a lot of flexibility," Smith said. "The facility gives us the space to explore other options to help farmers at all levels, whether they're starting off small or if they want to sell tractor-trailer loads of produce."

New services include an online store (tractorfoodandfarms.com), where orders can be placed ahead of time for pickup at the Burnsville facility, a new box storage area, and refrigeration for products beyond vegetables, including fruit, meat and other perishable goods. The organization continues to find ways to ensure local farmers have every opportunity to get their produce on local shelves.

"This has been an incredibly difficult year on farmers. It's been nonstop rain here, and there's been immense flooding," Smith said. "I'm ever amazed at the continued resilience and tenacity of a farmer. They take these hits time and time again, not knowing from one year to the next if they can sustain operations, all because of weather. And they continue on."

"These guys and gals are tough," Smith added. "We do our best to help them in any way that we can. And they know we're here for them. Sometimes, just the feeling that you're not alone out there can help a lot."

**carolinacountry.com/extras**
Watch Tractor Food and Farms farmers in action, as well as interviews with Robin Smith and local farmers.

# Joyful Music and Dance at Silk Hope Farm Heritage Park

*By Jessie Lang; Photos by Dean Lang*

*Jessie (right) and Chloe performing at the 2013 Silk Hope Old-Fashioned Farmers Day festival*

There is a memory that holds a special place in my heart. A place and time that has shaped who I am. For me, this is the Silk Hope Farm Heritage Park, which hosted our Chatham County Junior Appalachians (ChamJAM) Summer Camp.

This music camp was my greatest inspiration as a guitarist, mandolinist and Appalachian musician. I spent many of my formative summers there, and it was always what I looked forward to most during my summer break. The memories of this camp, the people, and the park often come to me when I look back on my childhood. They are a big part of who I am today.

When I think about this place, a smile always lights up my face as images of the historic park come flooding back. It was out in the country, amidst green rolling hills. Old rustic buildings were scattered about the park, full of old farm equipment. The large, wooden barn where we gathered for assemblies and meals seemed ginormous to my 10-year-old eyes, and there was always much excitement about.

My sister Chloe and I would attend together each summer, and when we arrived every morning, the scenery was so beautiful. The sun would just have risen, casting a golden glow over the park. The vibrant green grass would be gleaming from the early morning dew and the sky was full of soft clouds, each day filled with new adventures and lessons.

*Junior Appalachian Musicians during the 2012 Silk Hope Farm Heritage Days festival*

I walked into the large wooden doors of the main barn where music and laughter would be drifting happily inside. A lovely fiddle tune would be dancing through the air. Throughout the day, squeaky fiddles could be heard from all directions, but it was a comforting sound. I studied fiddle one year, but focused on the mandolin the next few years, and it has become my beloved, secondary instrument behind guitar.

After music classes in the morning, one of the best parts of camp would be the "homemade" water slide, slippery as a seal's skin. Children's laughter filled the air as we took turns escaping the heat on these hot summer days. We also enjoyed lessons in everything from contra dance to old-fashioned cooking methods, a welcome escape from today's busy lifestyles. We cooled off on those hot days with cold, refreshing lemonade and enjoyed petting the horses' soft, fine hair. My favorite part had to be sleeping over with my best friend, Mary, at her campsite. Her dad, Tim Tron, was the director of our JAM affiliate, and was like a second father to me. After riding horses in the late afternoon, we would stay up for a bit and share secrets.

On Friday night of the camp we had student performances followed by a big contra dance. An old-time string band and a dance caller could be heard all throughout the barn. We would dance for hours, swinging from partner to partner in perfect beat to the music. The moon was a bright beacon in the night sky, and a cool breeze would sweep over the barn as feet stomped and frolicked to and fro. By the end of the week, I would be exhausted, but a good kind of exhausted. Fulfilled. Happy. I never wanted this week to end.

Today, all that remains of ChamJAM summer camp are fond memories. The children have grown up, many dear folks have moved away. I haven't been to the park in a few years, but I imagine it to be much different. The laughter of music and kids won't fill the summer air, the wind the only sound, and it

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just wouldn't be the same to me. The park hosts other community events, but none are as dear to my heart as the ChamJAM camp was. It shaped my future—my days now full of music study and performances of my own.

The colors have faded, but I know the feeling of it will always be with me. A fondness of the place I grew up in is forever with me. A deep appreciation for all it taught me, the wonderful teachers and children that came together each summer to make music and memories. The joyful sound of string instruments being played in a safe haven in the middle of Silk Hope, North Carolina.

*Wake Electric member Jessica Lang, 16, is an award-winning vocalist and instrumentalist from Wake Forest. She received the bulk of her training through the Junior Appalachian Musicians Program. Learn more about Jessie and her sister Chloe in this month's Carolina Music.*

Silk Hope Farm Heritage Park (silkhopenc.org) continues to host events throughout the year, including Old-Fashioned Farmers Day every Labor Day weekend.

These talented sisters serve up a fresh take on this old gospel favorite about crossing over to the eternal land. It's one of 11 tunes on their album, "Coming Home." Its other offerings include their poignant, original "Frost on the Ground." Musicians Stephen Ayers and Aubrey Pratt also perform on the CD. The sisters' band, The Lang Sisters, meld folk, gospel and bluegrass traditions to create their own acoustic sound.

**carolinacountry.com/music**
Listen to this and past featured tracks from North Carolina musicians.

*Kyle Cashwell lost his arm and his leg due to a farming accident. Born with optic nerve atrophy, Kristi Grove is legally blind. These disabled farmers were able to continue their livelihoods due to hard work and the support of organizations like NC AgrAbility.*

# KEEP ON FARMING

## NC AgrAbility is giving disabled farmers hope

NC Farm Bureau

Kyle Cashwell vividly recalls his accident.

Randy Berger

Kristi Grove relies on glasses with binocular lenses.

Contrast Creative

Thanks to AgrAbility, Cashwell farms, minus one leg.

*By Margaret Buranen*

When a farmer can no longer farm because of an accident or a chronic disease, they lose both a livelihood and a way of life. They may have to sell a farm that has been in the family for generations.

But if that disabled farmer can get help—information about resources, support and modified farming equipment—they can keep doing the work they do best. Kyle Cashwell is one North Carolina farmer who found himself in that situation.

October 20, 2014, started out as a typical day for Cashwell. At 6 a.m., the Sampson County paramedic finished his 24-hour shift and headed home.

Cashwell helped his wife, Kristy, get their three children—daughter Larson and sons Gabe and Lathen—off to school. Then he started his second job: farming.

"We grow soybeans and corn that we bag and sell in bulk to deer hunters," Cashwell says.

That morning Cashwell did some sawing and then started running the corn picker. By lunch time he had a trailer load of corn picked. The man helping him drove off to get their lunch.

When Cashwell's tractor bogged down in a wet spot, he jumped down to investigate. He turned off the picker and the power take-off was not in gear, but when he grabbed some vines he saw jammed in the picker, the PTO went into gear and pulled his hand into a roller.

Struggling to pull his hand free, Cashwell fell backwards into the driveshaft, sending his right foot into an outside roller. In less than 15 seconds his life changed dramatically.

Alone and in excruciating pain, he expected to die. Then his cell phone vibrated. That call from his father-in-law set in motion the help he desperately needed to survive.

Duke University Hospital dispatched its Life Flight helicopter. As the helicopter lifted off, Cashwell's fellow EMTs and other friends gathered in a prayer circle.

Cashwell spent 70 days at Duke, including his 34th birthday, and 14 more at a rehabilitation facility. He battled pain, depression, and a rare life-threatening fungal infection passed on from the soil. He lost both an arm and a leg.

"It was hard. I had to learn how to walk again," he recalls. "It would have been easier to stay in a wheelchair, but I've got three kids. I want them to be proud of their dad."

More than anything, he wanted to return home. Therapists agreed that if he could get to the point where he could transfer from a wheelchair to a car, with help, he could go home. That was all the incentive he needed.

"If the therapist said, 'Do five reps,' I'd do 10. If she said, 'Do 15, I'd do 20 or more," says Cashwell.

**carolinacountry.com/extras**
Watch a Duke Health video of Cashwell's experience. He admits that making the video re-enactment of his accident was difficult, "[but] I figured that if anybody could learn from what happened to me, it was well worth it."

## A network of support

Getting Cashwell back to being able to farm, with help from his family, took effort by many different people and agencies. One agency involved is North Carolina AgrAbility.

> Struggling to pull his hand free, Cashwell fell backwards into the driveshaft, sending his right foot into an outside roller. In less than 15 seconds his life changed dramatically.

About 20 states have the AgrAbility program, which helps farmers disabled by accidents or chronic illnesses. It has helped about 70 disabled North Carolina farmers since coming to the state in 2011.

These farmers learned about NC AgrAbility from its Facebook page, website (NCagrability.org) or county extension agents. Or perhaps they met Director S. Janine Parker or Project Manager Betty Rodriguez at an agricultural event.

Funded by the U.S. Department of Agriculture, the AgrAbility program is facilitated by partnered land grant universities and nonprofit organizations. Parker and Rodriguez work at NC A&T University. Nonprofit

Randy Berger

*Kristi Grove is able to teach riding despite being legally blind.*

partners include NC AgroMedicine Institute at East Carolina University, the NC Assistive Technology Program and DisAbility Partners. Collaborators are NC Cooperative Extension and NC State University.

AgrAbility does not disperse any funds. Instead, the agency acts as a resource center and helps farmers apply for assistance from appropriate sources.

"We are the hub to help them get information and services," Parker explains.

"Each case is a totally different story," Rodriguez says. "Some farmers set up an appointment for us to visit their farms. Others just want information. Most farmers are very creative and have their own shops. They may be trying to build something [or modify existing equipment] and want ideas from other states."

## Where the longhorn cattle feed

Kristi Grove is another NC AgrAbility client. Despite being legally blind, Grove works with her husband, Dan, in their cattle business. They live with their daughter, Leah, in Bailey.

"We raise registered Texas Longhorn cattle," Grove says. "We sell breeding stock and roping stock—steers for rodeos. We also sell beef. It's 98 percent lean, so it's really healthy."

Why Longhorns? "They're known for giving birth easily. They're very hardy animals, both heat-tolerant and cold-tolerant, and disease-resistant," Grove explains. "And their horns keep predators like coyotes away."

Longhorns have different coat colors. As for their famous horns, "No two of them are alike," Grove says.

Grove was born with optic nerve atrophy. As a child she spent summers at the NC School for the Blind.

"It was harder when I was little," she explains. "Now iPhones have magnifiers. You can get readers that make things large." When Grove approaches a pasture to check on the cattle, for example, "I pull out my iPhone and put the magnifier on it to see to unlock the gate."

Grove can do more work with the cattle since she is able to drive. She wears glasses with binocular lenses.

"I can't drive on the interstate or at night," Grove says. "I'm restricted to 45 miles per hour maximum speed and to a 15-mile radius of home. Every two years my eyes have to be reexamined."

Besides working with the cattle, Grove cares for her horses and teaches riding. She also operates camps for kids to learn about farming.

## Keeping farmers farming

For Grove, Cashwell, and other disabled NC farmers, AgrAbility has been a real help. It has lessened their challenges.

AgrAbility has helped Grove obtain specialized equipment such as an AcuBreed system.

Tags on the cows' tails indicate their best breeding times and transmit the information to her cell phone.

"Agriculture is declining [in numbers of people working, not need]. AgrAbility keeps farmers farming," Grove says.

Specialized equipment Cashwell received via AgrAbility's partnership with the state included lifts for his truck and farm equipment. A scooter/wheelchair trailer allows him to go where the walking would be too much.

He also wants to switch his row crops to cattle farming because it will be less labor intensive. AgrAbility is helping him plan this change. The organization also helped him through a medical evaluation so he could drive again.

"Driving was a major part of getting my life back," Cashwell says. He adds that the best part is how AgrAbility provides "the support system and the networking to learn how somebody else who has some of the same issues is [managing]."

*Margaret Buranen writes from her home in Kentucky but appreciates the varied natural beauty of North Carolina. An avid horsewoman, she enjoys writing most about nature, animals, agriculture and the environment.*

Randy Berger

*Grove uses her iPhone magnifier to unlock the cattle gate.*

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| 70-74 | $27.40 | $21.40 | $45.00 | $35.00 | $89.00 | $69.00 | $221.00 | $171.00 |
| 75-79 | $37.00 | $30.10 | $61.00 | $49.50 | $121.00 | $98.00 | $301.00 | $243.50 |
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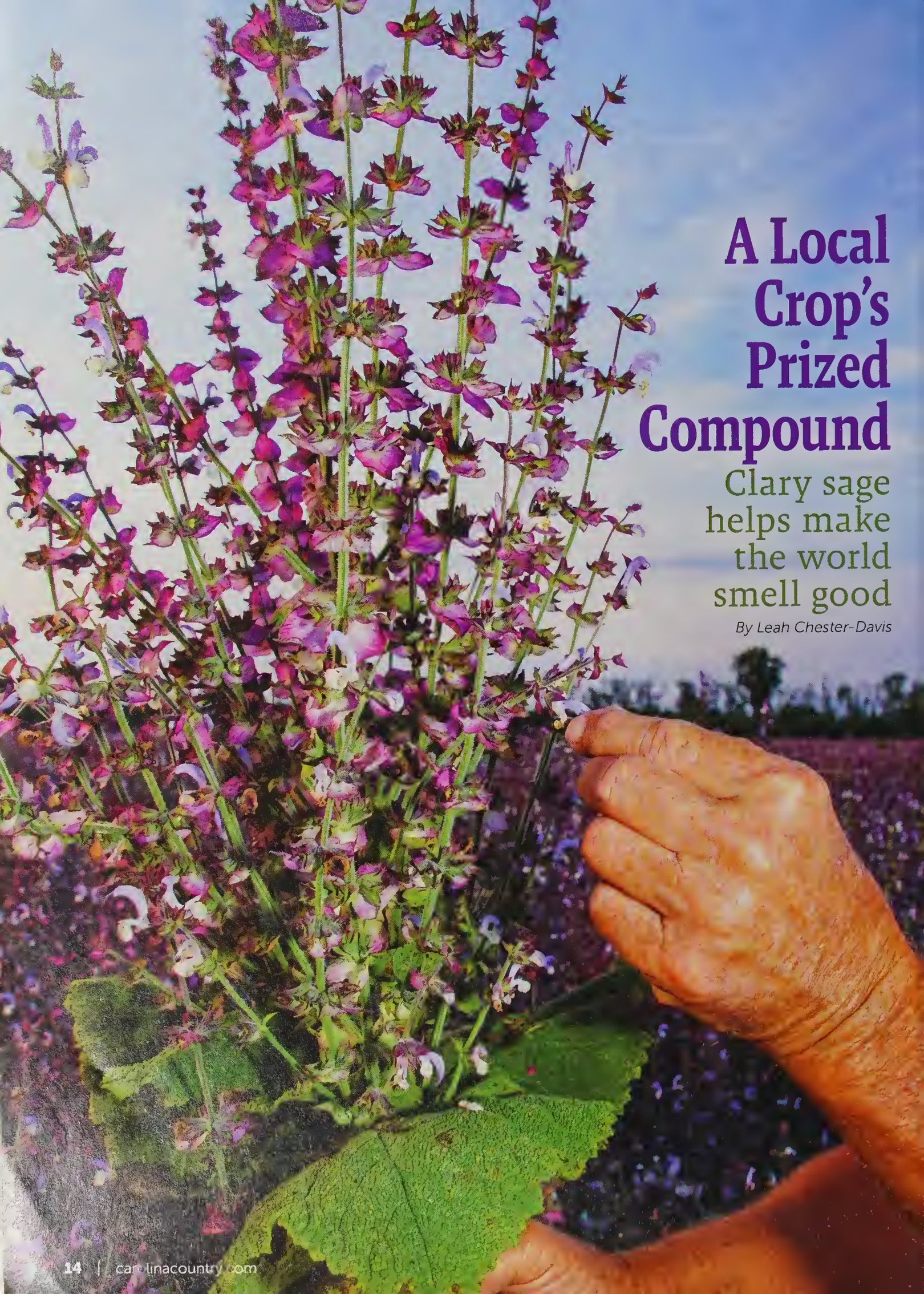

# A Local Crop's Prized Compound

## Clary sage helps make the world smell good

*By Leah Chester-Davis*

## It's not often that you hear a farmer talking about the benefits of eastern North Carolina's sandy loam soil and in the same conversation mention the French luxury brand Chanel.

But Chowan County farmer Mike Parrish does just that as he wades into a sea of tall, spiky clary sage plants to check how soon they might be harvested. Parrish is one of about 100 farmers in the region—and one of very few places in the entire United States—growing clary sage. Clary sage has a substance used in fine perfumes (including Chanel fragrances), laundry detergents and fabric softeners to make the scent last longer. In other words, North Carolina helps make the world smell good.

Parrish was one of the first farmers in the state to start growing the crop 30 years ago for Avoca, a global bioprocessing company located in the tiny crossroads of nearby Merry Hill. The company is responsible for the region becoming the center for U.S. clary sage production.

Avoca extracts a prized compound known as sclareol from the plants. A bioconversion process transforms a wax-like substance to crystals. It's purified and then recrystallized, explains Dr. David Peele, president of the company. That purified crystallized substance, known as sclareolide, is what Avoca sells to fragrance companies in Europe, which use it to produce the fixative that makes scents last longer. They then sell it worldwide, including to such household product powerhouses as Proctor & Gamble and Unilever. It ends up in many of the products in the laundry aisle of your favorite grocery store, in addition to fine perfumes.

### Showstopper crop

When in full bloom, clary sage paints thousands of acres of the eastern North Carolina landscape pink, purple or white, depending on the variety. In May and until the crop is harvested in June, it is a real showstopper. One of the favored stories among farmers and Avoca employees is how beach-goers traveling down Highway 64 will stop and pick a bouquet, only to throw it out of their cars and onto the roadside a few miles down the road. It has an overpowering aroma.

For Parrish and other farmers, clary sage came along at the right time, when the tobacco buyout program meant many farmers needed to transition to new crops.

"Clary sage filled that void," says Parrish, a third-generation farmer who has several crops in rotation—peanuts, wheat, sage, soybeans and cotton. "When the crop was first grown, it was used only in perfumes. You can't wash it out. That's why Chanel uses it in their perfume, because it's the best fixative."

When Avoca expanded its reach, getting companies to use the sage-based fixative in laundry detergents and fabric softeners, the demand for the crop grew. Parrish and other farmers benefited.

"It's been huge. Tobacco used to be our money crop. Sage filled that void, and I was thrilled to get out of tobacco and for something to replace it."

### Unusual roots

Ironically, while clary sage has replaced tobacco as a high-value crop on some of the region's farms, the roots of the clary sage crop and the extraction facility extend back to the R.J. Reynolds Tobacco Company.

In the 1960s, R.J. Reynolds wanted to replicate a Turkish tobacco flavor. The plan was to grow clary sage for the purpose of using sclareolide as a starting point, says Peele, who worked for the company from 1978 to 2003. The company embarked on growing its own crop and contracting with a few growers but by the mid-1960s abandoned the project. The extraction plant was mothballed.

In the mid-1970s, a German company approached R.J. Reynolds about getting back into the clary sage business to produce sclareolide, an essential ingredient in ambroxide, a fixative used in the fragrance industry. The product is the substitute for ambergris, a byproduct from sperm whale digestion. (Ambergris, sometimes called gray amber, occasionally washes up on beaches as a dark gray or black lump. It has long been prized for its seemingly unlikely use in fine perfumes. As far back as the late 1600s, it is noted in literature for its trade appeal for those seeking fortune. Herman Melville's Moby-Dick, published in 1851, includes a chapter about ambergris.)

A combination of factors contributes to the need for the clary sage compound to replace ambergris: the sperm whale's endangered status and the demand for a fixative for a multitude of products.

Avoca

*Clary sage blooms in pink, purple or white, depending on the variety.*

Avoca, a global bioprocessing company located in Merry Hill, NC

Mike Parrish of Chowan County is one of about 100 farmers in the region growing clary sage.

"There is not enough ambergris produced naturally to be able to supply the fragrance industry," says Peele.

When R.J. Reynolds divested of the extraction facility in early 2003, Peele and a partner bought the company and continued the name Avoca, which was part of a New Jersey company known as Pharmachem Laboratories. Last year, Avoca was purchased by Ashland Group Holdings, a $3 billion specialty ingredient company. While clary sage and its resulting product happen to be Avoca's largest, the company also extracts other compounds from other plants for the dietary supplement industry.

"It gives a warm, very luxurious note to the fragrance besides the long-lasting effect," Guus Gerritsen, Avoca's director of sales and marketing, says about the sage-based product. "So for fine fragrances it is mainly the amber woody note whereas in consumer products it's the long-lasting effects."

## Famous plants

Over the past couple of years, nationally aired TV advertisements have given a nod to the North Carolina crop. Commercials tout the long-lasting scent of "Gain flings!" laundry detergent. One shows a man, played by actor Ty Burrell from the TV show "Modern Family," on a beach holding a green scarf, which had apparently been washed a month ago but still holds its pleasant scent.

"That is because of this product right here," says Peele as he picks up a small cosmetic tub on a conference table at the Avoca headquarters. That is because Merry Hill, North Carolina, grows clary sage. It is the most beautiful commercial in the world as far as I'm concerned."

It's also a source of pride for Parrish that the crop he raises is used in national and international brands. But changes seem to be on the horizon, one that may affect Carolina farmers. Parrish shares that in the 30 years he has grown the crop, this is the first year that acreage has been reduced. Peele attributes that to a surplus as a result of high yields in recent years. He says the amount of acreage grown each year likely will be adjusted based on inventory.

Parrish and other farmers are concerned it signals that big companies are switching from a natural product to a synthetic one. Peele confirms that alternative sources of fixatives are available to large customers.

"As always, it is a performance versus cost issue depending on the price a consumer is willing to pay for a fragrance or laundry product," he explains, adding that he expects clary sage to continue to be grown in eastern North Carolina for the foreseeable future of 10 to 20 years.

"You just wish you could get everybody to figure it out, that natural products are being used, and you hope it would matter what the consumer thinks," Parrish says.

Guus Gerritsen (left) and David Peele in front of bags that store clary sage

As he walks to his truck, he turns his attention back to the sandy soil. He mentions how it helps water drain into a nearby swamp, and the expertise the company provides to him and other farmers growing the crop (sage has a tiny seed and has to be planted much shallower than other crops).

"People ask us how we grow such pretty sage. We have the expertise, the soil type and, of course, the Good Lord above has to give you rain and the weather."

*Leah Chester-Davis loves to explore North Carolina. Her business, Chester-Davis Communications (chester-davis.com), specializes in food, farm, gardening and lifestyle brands and organizations.*

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# Peculiar Produce

## Strange-looking plants you've grown and known

In our July issue, we asked readers to send in their best photos of strange-looking produce and plants that have turned up in gardens around North Carolina. We had a hunch there would be some doozies, and readers proved that hunch right. Here are a few of our favorites.

**carolinacountry.com/extras**
There's more odd-looking produce out there, to be sure. See more photos from our green-thumbed readers.

### Coddled Zucchini

The world-renowned patriotic Banner Elk zucchini duck, nestling in his R.C. Cola box.

*Dave & Judy Rambeau, Banner Elk, members of Blue Ridge Energy*

### Purple Heart

This was a beautiful heart-shaped purple potato ... our first time growing this variety.

*Heidi Erwin, Wake Forest, a member of Wake Electric*

### Garden Invasion

I picked this tomato and it looked like an alien.

*Barbara Lariz, Rocky Mount, a member of Edgecombe-Martin County EMC*

### Twin Squash

Siamese yellow squash.

*Daniel Houser, Iron Station, a member of Rutherford EMC*

### Two-for-One

While picking, I came across this odd okra.

*Wayne Houser, Vale, a member of Rutherford EMC*

### Cool Carrot

My daughter harvested this 'cool carrot.'

*Emily Langer, Spring Lake, a member of South River EMC*

### Strange Bird

This tomato "bird" was grown in our garden box. We loved seeing its beak grow.

*Eddie Murphy, High Point, a member of EnergyUnited*

### Baby Bunny

We found this rabbit-shaped carrot at Easter—it was perfect timing!

*Melissa Hildebrand, Wake Forest, a member of Wake Electric*

### Tomato Lover

Grew this heart-shaped tomato in my garden. I've never seen one exactly like it!

*James Currin, Spring Lake, a member of South River EMC*

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## Where in Carolina Country is this?

Send your answer by Thursday, Sept. 6, with your name, address and the name of your electric cooperative.

**Online:** carolinacountry.com/where

**By mail:** Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

*Multiple entries from the same person will be disqualified.*

The winner, chosen at random and announced in our October issue, will receive $25.

**Have a roadside gem you'd like to share?** Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

## August winner

The August Where Is This photo by Ian Slade features the "S" bridge that spans the Perquimans River between downtown Hertford and Winfall in Perquimans County on Hwy. 17 business (Church Street). The bridge, built in 1928, is likely the last "S" bridge in the state still standing, and many say in the nation. On bright days, drivers can catch the sight of turtles sunning themselves on logs in the river. Many readers shared memories of the bridge. Sandy Divers remembers walking on the bridge causeway during Hurricane Hazel in 1954, looking down through knee-deep river water to follow the yellow line. Doris Hollowell recommends fishing under the bridge to enjoy a peaceful day. Sadly, plans are underway to replace this old swing bridge, which still must be opened for larger boats cruising the river. The winning entry chosen at random from 291 correct submissions came from Alton Lane of Edenton, an Albemarle EMC member.

CAROLINA COUNTRY

# scenes

## *photo of the month*

### Orphan Squirrel

My husband raised this squirrel after his mother died. This bottle-fed baby would scurry up to the door to get our attention to feed him. If we were out in the yard, he would run up to our feet.

*Brenda Turlington, Lumber Bridge, A member of Lumbee River EMC*

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2018 photo contest ("Carolina Country Scenes," January 2018). See even more Photos of the Week on our website carolinacountry.com.

# Accessible Parking Spaces

## Mind the lines so disabled people can stay mobile

If you're like the majority of the population, mobility is something you take for granted. However, once you or a loved one encounters an illness or disability that results in dependence on a wheelchair, your perspective is likely to change dramatically.

Mobility is a major factor in a person's independence, but when illness or injury hinders free movement, even a simple task like running to the store becomes a challenge. Getting out of the house is an important way to help someone whose mobility is compromised continue to feel connected to the larger world. Practically speaking, even if they're not physically up to social engagements, chances are that doctor's appointments will still be a necessity. Parking limitations can cause major challenges for wheelchair users.

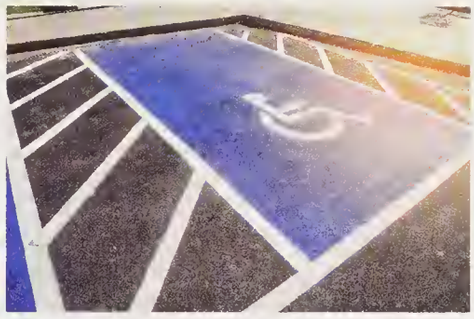
Not only is getting in and out of the vehicle a chore for disabled people, 74 percent of people have personally seen a handicap accessible parking space being improperly used, according to the recent Save My Spot survey by BraunAbility. It's important for everyone to understand the rules.

### Penalties in NC

It is unlawful to park or leave standing any vehicle that does not carry a valid disability placard or plate in a parking space for individuals with disabilities. Violations of these parking requirements carry penalties of $100 to $250, and law enforcement officers may order a vehicle in violation to be towed, according to the North Carolina Department of Motor Vehicles.

Here are five parking lot facts:

**1** The striped lines next to a handicap-accessible parking space indicate it is reserved for a wheelchair-accessible vehicle, such as a van. These spaces are wider than regular handicap accessible parking spaces, offering room for people to safely lower a ramp and enter and exit their vehicles.



*Don't park in the striped space, even if you have a handicap parking placard. The space allows room to deploy a ramp for someone to enter or exit a vehicle.*

**2** There is a difference between handicap-accessible parking for cars and wheelchair-accessible vans. When the parking sign says, "Accessible Vans," it is reserved for wheelchair-accessible vehicles only. Van accessible spaces are easily identified by a striped access aisle on the passenger side.

**3** Some people have hidden disabilities, and it may not be visibly apparent that they need a handicap-accessible spot. These spots are also intended for use by people with disabilities such as deafness or a recent injury. In short, just because somebody isn't using a wheelchair, walker or cane doesn't mean that they don't need the handicap spot.

**4** Businesses are required to meet a quota for handicap-accessible spots. The number of handicap-accessible parking spaces required depends on the total number of parking spaces in the lot, but at least one in every six handicap-accessible spaces, or a fraction of six, must be designated for a wheelchair-accessible vehicle, according to the American Disabilities Act, a federal law.

**5** Wheelchairs continue to increase in size, requiring more room to maneuver in and out of vehicles, and therefore need extra space in a parking spot for the wheelchair user to safely access a fully deployed ramp.

*—FamilyFeatures.com*

# Taking Charge

## 7 hacks for using battery-powered tools

For many homeowners, seasonal chores and home improvement projects can add up to a lot of work. Power tools can help you whittle that list down, but the batteries used to power these devices need to be handled properly to prevent potential dangers.

Lithium-ion batteries have become quite common due to their efficiency, energy storage capacity, durability and safety. These batteries' higher energy potential in a smaller battery makes them ideal for cordless power tools, but that density also means higher potential for damage when misused. Safe, proper use of lithium-ion batteries from the original tool manufacturer is key to preventing battery-related accidents.

Before operating a battery-powered tool, heed this advice from the experts at the Power Tool Institute, a resource for safety issues and standards for the industry.

- Only use batteries and chargers from the original power tool manufacturer. Original manufacturer batteries are specifically engineered and tested for use with the tools and chargers from the original manufacturer.
- Avoid contact with metal objects, such as keys, coins, screws and nails, and liquids, which present safety hazards. Inspect batteries regularly for signs of damage, such as crushing, cuts or punctures. Do not use a battery that has received a sharp blow, been dropped or is damaged.

**Safety resources**

For more information on safe operation of power tools, including educational videos on using table and circular saws, visit powertoolinstitute.com.

Getty Images

- Never modify, disassemble or tamper with a battery. The performance of damaged or modified batteries can be unpredictable and dangerous.
- Be mindful of abnormal battery behaviors such as failure to fully charge or hold a charge, longer-than-usual charging times, overheating, a noticeable drop in performance, unusual LED activity when placed on a charger, liquid leakage from the battery or melted plastic anywhere on the pack. These are indications of an internal problem.
- Always transport and store lithium-ion batteries as instructed in the owner's manual.
- Do not immerse the battery or allow any fluids to flow inside. Conductive liquid ingress, such as water, can cause damage resulting in fire or explosion. Store your battery in a cool, dry place, away from combustible and flammable items.
- When disposing of a lithium-ion battery, never throw it into the trash or a municipal recycling bin, as it can become a fire hazard. Instead, take it to a local recycling center or place it in a receptacle specifically designed for recycling batteries. If your lithium-ion battery is damaged, contact the manufacturer.

*—FamilyFeatures.com*

# Coping with School Stress

## Kids share the big stuff when you chat about the small stuff

School days are exciting, fun times for your children, but they can be stressful as well. It can be difficult for parents to know how to help their children, should they exhibit signs of school stress. Here are recommendations from Dr. Cheryl S. Al-Mateen, medical director of the Virginia Treatment Center for Children, to help parents support their kids and uncover potential problems.

### 1 Check in about school and activities.

Give your child your undivided attention for 5 to 10 minutes every day to talk about their friends, teachers and classes. Open yourself to hearing the good and bad, and ask what they find difficult—like feeling too nervous to talk or being teased for talking too much. These conversations help you identify problems as they arise, teach your child problem-solving skills and reinforce how deeply you care about their well-being.

### 2 Strengthen your lines of communication.

Your child may be more open about school if you have frequent conversations about other things as well. Talk to them about the little stuff, and they'll be more apt to tell you about the big stuff. Listen without judging, and be ready to engage them in an activity if that makes them more comfortable. Braiding your child's hair, shooting a few baskets in the driveway or working a puzzle can lead to great conversations.

### 3 Work with your school.

If your child is showing signs of stress that concern you, don't be afraid to reach out to their teachers or principal. Your child's teacher may be able to shed light on what's causing the stress and, if nothing else, can help watch out for your child during the school day.

### 4 Establish a routine at home.

Children thrive in stable, consistent environments. Creating a predictable schedule is helpful, if you can, but sometimes that's just not possible. Make a big family calendar and keep it where everyone can access it. This empowers children to know what's coming up.

*—Brandpoint*

### How to know if your child needs help

Look for warning signs. For example, young children may complain about stomachaches and headaches that have no physical explanation. When depressed, a child may say that they're angry, rather than sad, so listen for both—especially when their eating or sleeping patterns also change dramatically, they seem to have low energy or they aren't taking pleasure in things they enjoyed before. These may be signs of a larger problem that needs to be addressed.

# Get Your Lunchbox Groove On

## New ideas for packing tasty meals

As school gets underway, it's an opportune time to renew your family's healthy eating goals by getting in the habit of making nutritious lunches.

While packing healthy lunches day after day can seem daunting, it doesn't have to be. Compiling and trying new recipes, while also using your tried-and-true favorites, can get you through each week.

These Black Bean Empanadas and Rainbow Bento Boxes include servings of fruits and veggies to keep your children's brains charged. For more registered dietitian-approved recipes, visit poweryourlunchbox.com.

*—FamilyFeatures.com*

### Black Bean Empanadas

- ½ teaspoon olive oil
- 3 mini sweet peppers, finely chopped
- ¼ cup finely chopped sweet onions
- ½ cup chopped tomatoes
- 1 cup no-salt-added black beans, drained and rinsed
- 1 tablespoon low-sodium taco seasoning
- 12 frozen empanadas, thawed
- ¾ cup shredded low-fat cheddar cheese
- 1 large egg white, beaten
- 6 guacamole mini packets (or sub two mashed avocados)
- Fresh fruit and veggies

Heat oven to 375 degrees.

Heat oil in skillet over medium heat. Add peppers, onions and tomatoes. Cook 3 to 4 minutes, or until tender. Add black beans and taco seasoning. Cook 2 minutes. Set aside to cool.

Lay empanada dough out on parchment-lined baking sheet. Fill with black bean filling and 1 tablespoon cheese. Fold dough over filling to create pocket. Use fork to press down sides to seal. Brush with egg whites. Repeat with remaining dough, filling, cheese and egg whites.

Bake 20 to 25 minutes, or until golden brown. Remove from oven and let cool.

Serve two empanadas with guacamole (or mashed avocados) for dipping, and the fruit and veggies on the side.

*Yield: 6 servings*

### Rainbow Bento Box

- 2 red mini sweet peppers, sliced
- 1 mandarin, peeled and segmented
- 1 kiwi, sliced
- ½ cup sugar snap peas
- ¼ cup blueberries
- ½ cup red seedless grapes

**Turkey wrap**

- 1 large spinach tortilla wrap
- 1 tablespoon hummus
- 2 slices provolone cheese
- 2 ounces low-sodium deli-sliced turkey
- ½ cup baby spinach, chopped

Assemble two lunchboxes, each with half of the peppers, mandarin, kiwi, snap peas, blueberries and grapes, leaving space for sliced turkey wrap.

To assemble turkey wrap, lay tortilla on flat surface. Spread with hummus and top with cheese, turkey and chopped spinach. Roll up tightly and slice into 1-inch thick rounds. Add half to each lunchbox.

*Yield: 2 servings*

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## Ultimate Fan Wristwatch

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You've been there with them for every snap of the ball, every nail-biting moment, because they're your Carolina Panthers. Now you can show your team support in style with the ***"My Panthers" Ultimate Fan Wristwatch,*** officially licensed by NFL Properties, LLC and available only from The Bradford Exchange. This fashionable design features a comfortable stainless steel stretch band with gold-tone plating, and a watch face with prominent Panthers logo and matching gold-tone hand and numerals. Sparkling team-color blue, black, and white crystals surround the watch face, while the team logos within hearts and additional team-color crystals decorate the band. Precision Quartz Movement provides dependable accuracy.

www.bradfordexchange.com/23918

### *Remarkable Value... Available for a Limited Time*

Complete with a custom case and Certificate of Authenticity, this watch is a superb value at just $99*, payable in 4 easy installments of $24.75. To reserve yours, backed by our 120-day guarantee and a full-year limited warranty, send no money now; just mail in the Priority Reservation as soon as possible or you could miss out!

*For information on sales tax you may owe to your state, go to bradfordexchange.com/use-tax

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Signature _____

Mrs. Mr. Ms. _____
Name (Please Print Clearly)

Address _____

City _____ State _____ Zip _____

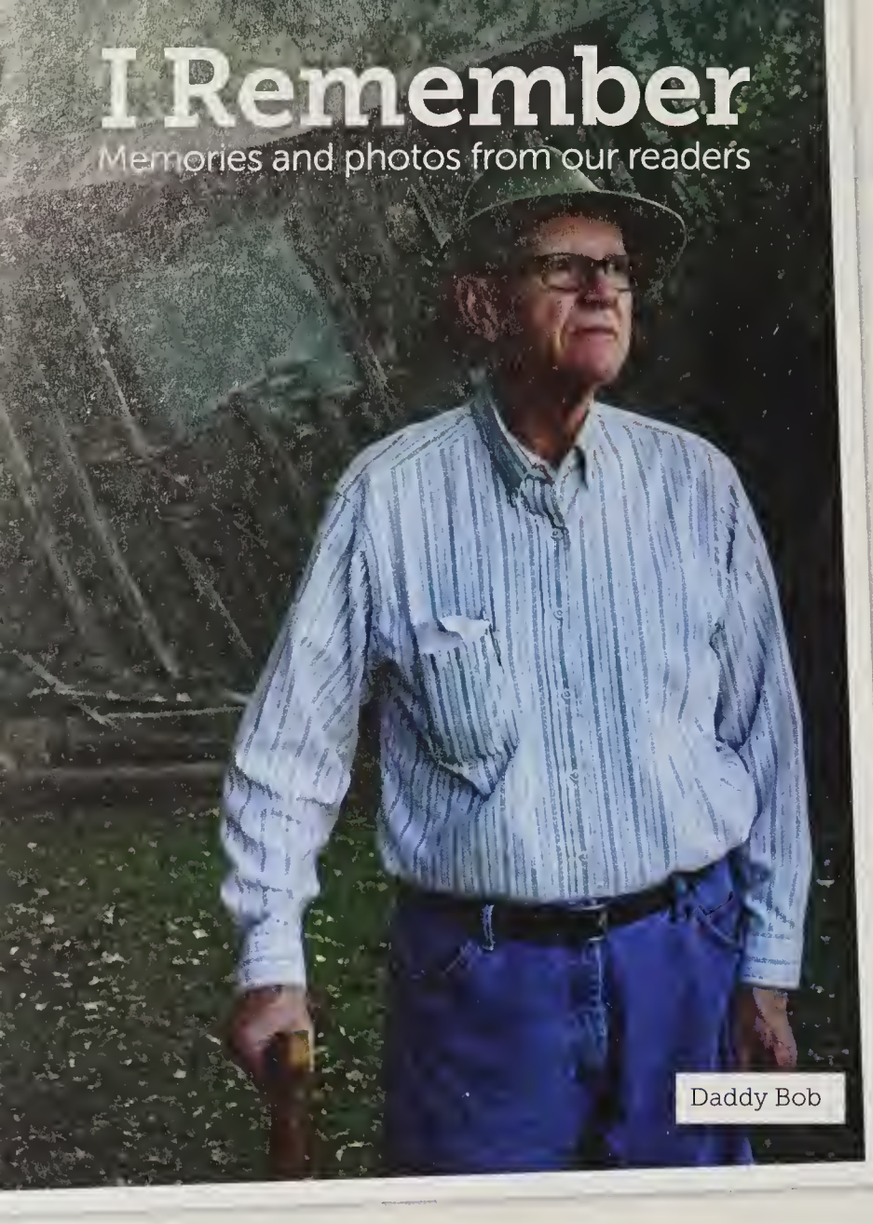
Email _____

01-23918-001-E67201

*Plus a total of $9.98 for shipping and service (see bradfordexchange.com) Allow 4-6 weeks for delivery of your jewelry item after we receive your initial deposit. All sales subject to product availability and order acceptance. Product subject to change.

# I Remember

Memories and photos from our readers



Daddy Bob

## Night Work and Stories

The old flue-cured tobacco barn is almost gone. I am 73 now, but the memories made here will never fade from the backroads of my mind. One memory comes to mind of a giant of a man and a small, busy 7-year-old boy with a thousand questions for his grandfather. Me and my "Daddy Bob."

Daddy Bob had talked my mother and grandmother (Mama Cora) into letting me spend the night with him at the tobacco barn, in the edge of the deep woods, while he "killed out" another barn of tobacco. Wow was I excited! I don't know how much we slept that night. Every time Daddy Bob would get up out of our makeshift bed (two tobacco trucks) to put more wood in the furnace, we would have ham biscuits and buttermilk for a snack.

We spent the night eating with Daddy Bob telling me stories about Noah and the Ark, David and Goliath and many other adventures from the Holy Bible. I will never forget that night and many others like it.

By the time I was 10 years old, he was gone to be with Jesus. That was too soon for a little boy to lose his Daddy Bob.

Precious memories, how they linger, how they flood my soul...

*Bayard Woodard, Jr., Goldsboro, a member of Tri-County EMC*

## I Remember Little Moma

Her name was Virginia. She knew my father, who was in prison, and married him to help him get out. I don't know what she saw in him. She never had children, but she took my sister and I, 11 and 12 years old, to raise. I don't know why she took on so much; it must have been overwhelming.

We called her Little Moma, because she was 4'11" and shorter than us. We called her that the rest of her life, even when she wasn't our stepmother anymore.

Daddy was the perfect father then. He didn't drink that whole year while he was on probation. I had more respect for him in that one year than I ever had in my whole life. He played badminton with us and even went to church (a small miracle). We were a "normal" family.

Being teenagers, naturally we objected to housework. Cleaning and waxing floors on our knees was foreign to us. Sure, we complained; we had never had to do anything before. We thought she was being hard on us, but years later, I was so glad for the skills I learned. She taught us how to be a lady, how to dress and how to act in public. Until then, I had never worn a slip, used deodorant or owned a pair of nylons.

And then, our bubble burst. As Daddy's probation came to an end, he went back to his old ways. It became so bad that we went to live with our natural mother and Little Moma moved to another state. The only real, loving home we ever had was thrown away because of his drinking, and I never forgave him for that.

My sister lived in the same town as Little Moma, and helped her when her health deteriorated. I am glad we stayed in touch over the years. She passed away at the end of 2015. My sister held the phone to her ear while I told her how much she meant to me and thanked her for being a great mother. I'm not sure if she heard me, as she was unresponsive. But I truly believe God let her hear me. She was Little Moma to us, but in hindsight, she was larger than life for the values she taught us.

*Brenda Schnick, Granite Falls, a member of Blue Ridge Energy*

My grandpa's Tone Pitch Pipe led many a chorus of Amazing Grace.

## The Tone Pitch Pipe

One of my favorite memories is going to church on Sunday. Especially dear to me is the memory of my grandpa pitching songs with this Tone Pitch Pipe and singing in the church choir.

My grandpa loved the church and devoted his life in service to its mission. It was a small country church with very few members. There were times when he was the only person to show up on Sunday morning. Although heartbroken because of the lack of interest, he didn't lose faith. Knowing in his heart that he wasn't really alone, he sang Amazing Grace and worshipped before going back home. Gradually the church began to grow. Partly, I believe, because of his steadfast hopes and prayers.

Even when the church membership grew into 60 members, there were numerous times when there wasn't a pianist to play for the choir. My grandpa would always have his Tone Pitch Pipe in the left pocket of his shirt. He knew about music, that was for sure. Looking at the song they were about to sing, he would determine the appropriate key and gently blew into it to get the right pitch. In my mind, I can see him now as he sang those shaped notes, "Do, Re, Me," and so on, up to the note that the song began in. Then we would all join in and sing with him.

My grandpa usually sang bass, but when our choir leader wasn't present, grandpa would take his place in front of the choir and become our leader. When I think back, I remember grandpa's faithfulness and the Tone Pitch Pipe. Even my son remembers. Although small at the time, he knew when there wasn't a pianist present and he would say, "Blow your horn Pa."

For a while after grandpa's death, I didn't mention my attachment to the Tone Pitch Pipe. Later visiting with my grandma, I asked her for it if no one had mentioned wanting it and if she didn't mind parting with it herself. Without any reservation on her part, it became mine.

I realize that memories are a part of all of us. Mine of grandpa will always be a part of me. The Tone Pitch Pipe has a special place in my home and in my heart.

In remembrance of William (Ed) Johnson, devoted Christian, husband, father and grandpa.

*Kathy Williams, Wilkesboro, a member of EnergyUnited*

## Breakfast Guest, Not for Breakfast

This picture of my husband, Bill, is at the Lowder Dairy in New London, North Carolina. It is so special because the chicken would sit on his shoulder. The bird knew my husband would have doughnuts for him every morning and knew he would not be harmed. You know the chicken looked forward to early daylight.

In the picture, you can also see the big Holstein cow in the stall getting ready to be milked. They were fed with special grain that was a mixture made only by Bill that made the milk taste wonderful. This dairy was in operation for 20 years.

It takes a lot of grain to feed 65 cows, in addition to the 60 acres on this farm. The dairy rented land on four other farms to grow corn, beans, oats and barley for the cows, chickens, heifer calves and hogs.

It was work from 3:30 every morning till dark in the evening, seven days a week. Many times a week, I would see Bill out in the yard praying for rain because the crops needed rain, this kind of operation could go bankrupt if it simply did not rain.

Bill and I had two children. Bill served his country in the Navy, but his dream was to be a farmer.

*Cleona Lowder, New London,*
*a member of Union Power Cooperative*

**Send Us Your Memories** We love sharing photos and memories dear to our readers. Submit your photo, plus roughly 200 words that describe it, online or by mail with a self-addressed, stamped envelope if you want it returned (only one entry per household, per month). Include your name, mailing address, phone number or email address, and the name of your electric co-op. We retain reprint rights, and we'll pay $50 for those we publish. **Online:** carolinacountry.com/contact **U.S. Mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

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21 GALLON, 2.5 HP, 125 PSI VERTICAL OIL-LUBE AIR COMPRESSOR

- Air delivery: 5.8 CFM @ 40 PSI, 4.7 CFM @ 90 PSI

Customer Rating

NOW $149.99

COMPARE TO HUSKY MODEL: C201H $229

SAVE $79

~~$169.99~~

ITEM 69091/61454
62803/63635/67847 shown

26263092

LIMIT 5 · Coupon valid through 12/31/18*

## PITTSBURGH #1 SELLING JACKS — SUPER COUPON

RAPID PUMP® 3 TON STEEL HEAVY DUTY LOW PROFILE FLOOR JACK

Customer Rating

- Weighs 73 lbs.

COMPARE TO TEQ MODEL: T90001B2 $149.99

SAVE $70

~~$97.99~~

NOW $79.99

ITEM 62326/61282/61253 shown

26265455

LIMIT 4 · Coupon valid through 12/31/18*

## SUPER COUPON — FREE

PITTSBURGH — WITH ANY PURCHASE

1" x 25 FT. TAPE MEASURE

COMPARE TO KOMELON MODEL: LM1708W $6.98

- Thumb Lock
- Rubber Wrapped Case

LIFETIME WARRANTY

ITEM 69030/69031 shown

26315974

Cannot be used with other discounts or prior purchases. Original coupon must be presented. Valid through 12/31/18 while supplies last. Limit 1 FREE GIFT per customer per day.

## SUPER COUPON — 20% OFF

ANY SINGLE ITEM*

26314122

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, saws, saw mills, storage cabinets, chests or carts, trailers, trencher/backhoe, welders, Admiral, Ames, Bauer, Cobra, CoverPro, Daytona, Earthquake, Fischer, Hercules, Icon, Jupiter, Lynx, Pooles, Predator, Tailgator, Viking, Vulcan, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 12/31/18.

## HaulMaster — SUPER COUPON

72" x 80" MOVING BLANKET

Customer Rating

COMPARE TO BLUE HAWK MODEL: 77280 $19.99

SAVE 70%

~~$8.99~~

NOW $5.99

ITEM 69505/62418/66537 shown

26267092

LIMIT 8 · Coupon valid through 12/31/18*

## drill master — SUPER COUPON

4-1/2" ANGLE GRINDER

Customer Rating

SAVE 65%

NOW $9.99

COMPARE TO PERFORMAX MODEL: 2411-1 $28.99

~~$14.99~~

ITEM 69645/60625 shown

26272233

LIMIT 9 · Coupon valid through 12/31/18*

## BADLAND ZXR Battle Tested — SUPER COUPON

12,000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE

Customer Rating

NOW $299.99

~~$399.99~~

COMPARE TO WARN MODEL: 96820 $699.99

SAVE $400

- Weighs 86.4 lbs.
- 21" L x 10-1/8" H

ITEM 64046/64045/63770 shown

26274141

LIMIT 3 · Coupon valid through 12/31/18*

## SUPER COUPON

16" x 30" TWO SHELF STEEL SERVICE CART

Customer Rating

- 220 lb. capacity

NOW $79.99

~~$37.99~~

SAVE 61%

COMPARE TO EDSAL MODEL: SC2016 $78.43

ITEM 60390/5107 shown

26280220

LIMIT 4 · Coupon valid through 12/31/18*

## PORTLAND — SUPER COUPON

1750 PSI ELECTRIC PRESSURE WASHER

Customer Rating

- 1.3 GPM
- Adjustable spray nozzle

NOW $79.99

SAVE $94

~~$99.99~~

COMPARE TO BRIGGS & STRATTON MODEL: 20600 $174.44

ITEM 63255/63254 shown

26284308

LIMIT 5 · Coupon valid through 12/31/18*

## CENTECH — SUPER COUPON

AUTOMATIC BATTERY FLOAT CHARGER

NOW $4.99

~~$9.99~~

Customer Rating

SAVE 50%

ITEM 64284/69955
69594/42292 shown

26288850

LIMIT 7 · Coupon valid through 12/31/18*

## COVERPRO — SUPER COUPON

10 FT. x 17 FT. PORTABLE GARAGE

Customer Rating

NOW $169.99

~~$199.99~~

COMPARE TO SHELTER LOGIC MODEL: 76377 $270

SAVE $100

ITEM 62859/63055/62860 shown

26289580

LIMIT 5 · Coupon valid through 12/31/18*

## CHICAGO ELECTRIC POWER TOOLS — SUPER COUPON

10" SLIDING COMPOUND MITER SAW

- Powerful 15 amp motor

Customer Rating

NOW $84.99

~~$117.99~~

COMPARE TO KOBALT MODEL: SM2507LW $199

SAVE $114

ITEM 61972/61971 shown

Blade sold separately.

26290157

LIMIT 3 · Coupon valid through 12/31/18*

## PORTLAND — SUPER COUPON

7 AMP ELECTRIC POLE SAW 9.5" BAR

6 ft. to 8 ft. 10"

Customer Rating

NOW $59.99

~~$79.99~~

COMPARE TO WORX MODEL: WG309 $99.98

SAVE $39

ITEM 68862/63190/62896 shown

26290785

LIMIT 4 · Coupon valid through 12/31/18*

## WARRIOR — SUPER COUPON

- Drill 28 hole sizes from 1/8" to 3/4"

Customer Rating

3 PIECE TITANIUM HIGH SPEED STEEL STEP BITS

NOW $8.99

~~$12.99~~

SAVE 85%

COMPARE TO IRWIN MODEL: 15504PKSM $59.98

ITEM 69087/60379/91616 shown

26292036

LIMIT 9 · Coupon valid through 12/31/18*

## EARTHQUAKE XT — SUPER COUPON

Customer Rating

20 VOLT LITHIUM CORDLESS EXTREME TORQUE 1/2" IMPACT WRENCH KIT

NOW $139.99

~~$259.99~~

- 4.0 amp hour battery

1200 TORQUE FT. LBS. BOLT BREAKAWAY

COMPARE TO SNAP-ON MODEL: CT8850POP, CTB8165, CTC720 $710.85

SAVE $470

ITEM 63852/64195/63537 shown

26293346

LIMIT 5 · Coupon valid through 12/31/18*

## HaulMaster — SUPER COUPON

- 1000 lb. capacity

18" x 12" MOVER'S DOLLY

Customer Rating

NOW $7.99

~~$10.99~~

COMPARE TO BUFFALO TOOLS MODEL: HOFDOLLY $17.65

SAVE 54%

ITEM 61899/63095/63096
63098/63097/93888 shown

26299763

LIMIT 8 · Coupon valid through 12/31/18*

## CHICAGO ELECTRIC WELDING — SUPER COUPON

125 AMP FLUX-CORE WELDER

Customer Rating

EVERYTHING YOU NEED TO WELD

NOW $99.99

~~$114.99~~

COMPARE TO IRONTON MODEL: 45435 $149.99

SAVE $50

ITEM 63583/63582 shown

26300243

LIMIT 5 · Coupon valid through 12/31/18*

## SUPER COUPON

3 PIECE DECORATIVE SOLAR LED LIGHTS

Customer Rating

NOW $7.99

~~$9.99~~

COMPARE TO YARDS & BEYOND MODEL: A1A001234V1AAA4 $17.85

SAVE 55%

ITEM 60561/69462 shown

26302183

LIMIT 8 · Coupon valid through 12/31/18*

## PITTSBURGH AUTOMOTIVE — SUPER COUPON

1 TON CAPACITY FOLDABLE SHOP CRANE

Customer Rating

- Boom extends from 36-1/4" to 50-1/4"
- Crane height adjusts from 82" to 94"

NOW $99.99

~~$179.99~~

COMPARE TO IRONTON MODEL: 46218 $199.99

SAVE $100

ITEM 69512/61858/69445 shown

26305972

LIMIT 5 · Coupon valid through 12/31/18*

## PITTSBURGH — SUPER COUPON

16 OZ. HAMMERS WITH FIBERGLASS HANDLE

LIFETIME WARRANTY

Customer Rating

YOUR CHOICE $2.99

~~$4.99~~

Item 47873 shown

SAVE 70%

COMPARE TO KOBALT MODEL: 62742 $9.98

| TYPE | ITEM |
|---|---|
| CLAW | 69006/60715/60714 |
| RIP | 69005/61262/47873 |

26309803

LIMIT 9 · Coupon valid through 12/31/18*

## HARDY — SUPER COUPON

**POWDER-FREE NITRILE GLOVES PACK OF 100**

- 5 mil thickness

Customer Rating

12¢ PER PAIR

~~$7.99~~ NOW $5.99

COMPARE TO VENOM $9.99 MODEL: VEM4148

SAVE 40%

ITEM 61363, 68497, 61360, 61359, 64417, 64418, 68498, 68496 shown

26317323

LIMIT 9 - Coupon valid through 12/31/18*

## KRAUSE&BECKER — SUPER COUPON

**AIRLESS PAINT SPRAYER KIT**

Customer Rating

NOW $169.99

COMPARE TO $299 GRACO MODEL: 262800

SAVE $128

~~$214.99~~

ITEM 62915/60600 shown

26318969

LIMIT 4 - Coupon valid through 12/31/18*

## PREDATOR — SUPER COUPON

**8750 MAX. STARTING/ 7000 RUNNING WATTS 13 HP (420 CC) GAS GENERATOR**

Customer Rating

ITEM 68530/63086/63085 shown

ITEM 68525/63087/63088, CALIFORNIA ONLY

- GFCI outlets

SUPER QUIET

NOW $529.99

SAVE $2,169

COMPARE TO HONDA $2,699 MODEL: EM6500SXK2AT

~~$599.99~~

Wheel kit and battery sold separately

26319090

LIMIT 3 - Coupon valid through 12/31/18*

## Lynxx — SUPER COUPON

**40 VOLT LITHIUM CORDLESS BRUSHLESS BLOWER**

Customer Rating

~~$149.99~~

ITEM 64716

64481/63284 shown

NOW $124.99

COMPARE TO $199 DEWALT MODEL: DCM7088

SAVE $74

26319909

LIMIT 5 - Coupon valid through 12/31/18*

## HaulMaster — SUPER COUPON

Customer Rating

**STEP STOOL/ WORKING PLATFORM**

- 350 lb. capacity

NOW $19.99

ITEM 62515/66911 shown

COMPARE TO $51.45 GPL MODEL: H-21

SAVE 61%

~~$29.99~~

26320979

LIMIT 6 - Coupon valid through 12/31/18*

## PITTSBURGH — SUPER COUPON

**CLICK-TYPE TORQUE WRENCHES**

Customer Rating

Item 239 shown

- Reversible

LIFETIME WARRANTY

| DRIVE | ITEM |
|---|---|
| 1/4" | 2696/61277/63881 |
| 3/8" | 807/61276/63880 |
| 1/2" | 62431/239/63882 |

YOUR CHOICE $9.99

COMPARE TO $84.97 HUSKY MODEL: H2DTWA

SAVE 88%

~~$19.99~~

26321067

LIMIT 8 - Coupon valid through 12/31/18*

## PITTSBURGH MOTORCYCLE — SUPER COUPON

Customer Rating

**1000 LB. CAPACITY MOTORCYCLE LIFT**

- Diamond plate steel platform and ramp
- Lift range: 7" to 29-1/2"

NOW $299.99

~~$399.99~~

COMPARE TO $799.99 DIRECT-LIFT MODEL: 873100

SAVE $500

ITEM 69904/68892 shown

26321373

LIMIT 5 - Coupon valid through 12/31/18*

## THUNDERBOLT MAGNUM solar — SUPER COUPON

**100 WATT SOLAR PANEL KIT**

Customer Rating

2X MORE POWER

SAVE $207

RENEWABLE ENERGY, ANYWHERE

~~$199.99~~

NOW $149.99

COMPARE TO $357.19 SUNFORCE MODEL: 50180

ITEM 64335

63585 shown

26329014

LIMIT 3 - Coupon valid through 12/31/18*

## PITTSBURGH — SUPER COUPON

**32 PIECE SCREWDRIVER SET**

Customer Rating

NOW $5.99

SAVE 81%

~~$7.99~~

COMPARE TO PERFORMAX $31.97 MODEL: 48201

LIFETIME WARRANTY

ITEM 61259/90764 shown

26329246

LIMIT 8 - Coupon valid through 12/31/18*

## CENTRAL MACHINERY — SUPER COUPON

**8", 5 SPEED BENCHTOP DRILL PRESS**

NOW $49.99

Customer Rating

~~$64.99~~

SAVE $60

COMPARE TO $110.95 BUFFALO BLACK MODEL: DP5IL

ITEM 62520/60238 shown

26333678

LIMIT 4 - Coupon valid through 12/31/18*

## PITTSBURGH AUTOMOTIVE — SUPER COUPON

**MECHANIC'S ROLLER SEAT**

- 350 lb. capacity WITH DRAWERS

NOW $49.99

~~$62.99~~

Tools sold separately.

Customer Rating

COMPARE TO PERFORMANCE TOOL $89.99 MODEL: W85025

SAVE 44%

ITEM 64548/63762 shown

26335640

LIMIT 5 - Coupon valid through 12/31/18*

## HaulMaster — SUPER COUPON

Customer Rating

**12 VOLT MAGNETIC TOWING LIGHT KIT**

SAVE 77%

~~$18.99~~

NOW $9.99

COMPARE TO $44.24 OPTRONICS MODEL: TL21RK

ITEM 63100

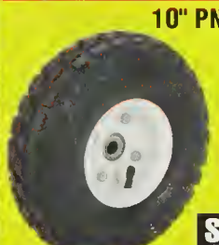
26339514

LIMIT 8 - Coupon valid through 12/31/18*

## SUPER COUPON

**10" PNEUMATIC TIRE**

Customer Rating



NOW $3.99

SAVE 48%

~~$5.99~~

COMPARE TO FARM & RANCH $7.81 MODEL: FR1055

ITEM 69385/62388/62409

62698/30900 shown

26344134

LIMIT 9 - Coupon valid through 12/31/18*

## COVERPRO — SUPER COUPON

**10 FT. x 10 FT. POPUP CANOPY**

Customer Rating

NOW $54.99

COMPARE TO $99 GUIOESMAN MODEL: 103207

SAVE $44

~~$64.99~~

ITEM 62898/62897/62899 shown

26347719

LIMIT 4 - Coupon valid through 12/31/18*

## PITTSBURGH AUTOMOTIVE — SUPER COUPON

**12 VOLT, 150 PSI PORTABLE INFLATOR**

SAVE 64%

~~$9.99~~

NOW $6.99

COMPARE TO CUSTOM ACCESSORIES $19.49 MODEL: 59000

ITEM 63109/4077/63152 shown

26348353

LIMIT 9 - Coupon valid through 12/31/18*

## PITTSBURGH — SUPER COUPON

Customer Rating

**40 PIECE, 3/8" DRIVE SAE AND METRIC SOCKET SET**

NOW $3.99

LIFETIME WARRANTY

COMPARE TO $19.97 KOBALT MODEL: 0980P

SAVE 80%

~~$4.99~~

ITEM 63015/61328/47902/62843 shown

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LIMIT 8 - Coupon valid through 12/31/18*

## Bauer — SUPER COUPON

**10 AMP DEEP CUT VARIABLE SPEED BAND SAW KIT**

Customer Rating

SAVE $199

~~$143.99~~

NOW $99.99

COMPARE TO $299 DEWALT MODEL: DWM120

ITEM 64194/63763/63444 shown

26355387

LIMIT 5 - Coupon valid through 12/31/18*

## SUPER COUPON

**AMMO DRY BOX**

Customer Rating

NOW $3.99

~~$6.99~~

ITEM 63135

61451 shown

COMPARE TO $9.99 RANGEMAXX MODEL: 1312-02

SAVE 60%

26356902

LIMIT 9 - Coupon valid through 12/31/18*

## CENTRALPNEUMATIC — SUPER COUPON

**3/8" x 50 FT. RETRACTABLE AIR HOSE REEL**

Customer Rating

NOW $59.99

COMPARE TO $99 KOBALT MODEL: SGY-AIR184

SAVE $39

~~$77.99~~

ITEM 64685/69265/62344/93897 shown

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LIMIT 4 - Coupon valid through 12/31/18*

## CHICAGO ELECTRIC POWER TOOLS — SUPER COUPON

**VARIABLE SPEED MULTIFUNCTION POWER TOOL**

Accessories included.

Customer Rating

NOW $24.99

~~$37.99~~

COMPARE TO $79 DREMEL MODEL: MM20-02K

SAVE 68%

ITEM 63113/62867/63111 shown

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LIMIT 3 - Coupon valid through 12/31/18*

**900 Stores Nationwide • HarborFreight.com**

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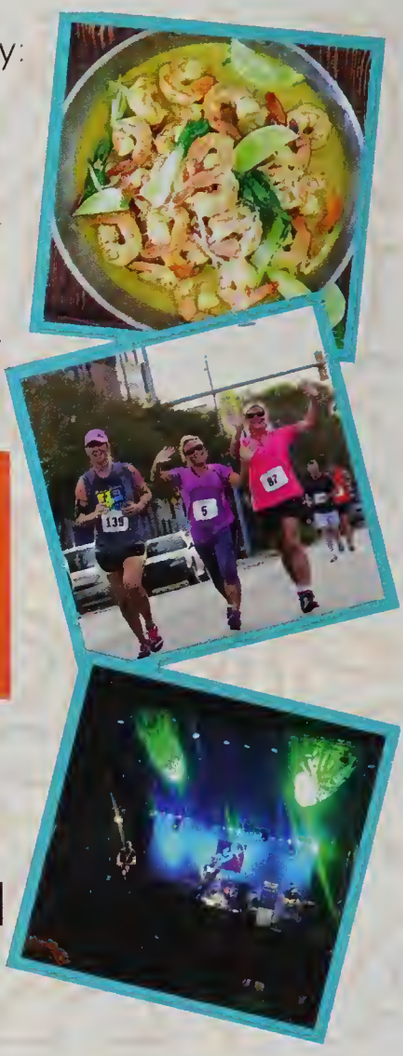
At Harbor Freight Tools, the "Compare to" price means that the specified comparison, which is an item with the same or similar function, was advertised for sale at or above the "Compare to" price by another national retailer in the U.S. within the past 90 days. Prices advertised by others may vary by location. No other meaning of "Compare to" should be implied. For more information, go to HarborFreight.com or see store associate.

The 32nd Annual
# North Carolina Seafood Festival

Presented By:
got to be NC SEAFOOD
got to be NC AGRICULTURE

## October 5-7, 2018 • Morehead City



**Three** Stages of Entertainment

Over **200** Food and Craft Vendors

**FREE** Admission

## EVENTS

Blessing of the Fleet
Bourbon/Vodka Tastings
Cooking Demonstrations
8K Road Race
SOBX Boat Show
Craft Beer Festival

www.NCSeafoodFestival.org

**3** Days of Seafood and Sea-fun

**Discover a land of wild wonder** on the Currituck Outer Banks, North Carolina. The legendary wild horses of Corolla, unique historical sites and family friendly beaches are just a *few* of the reasons why now is a great time to visit.

CURRITUCK
OUTER BANKS, NC
*Corolla • Carova • The Mainland*

www.VisitCurrituck.com

# September events

**FEI World Equestrian Games™ Tryon 2018**
Sept. 11–23, Mill Spring

## MOUNTAINS

**The Four Freshmen**
Vocal group
Sept. 1, Franklin
866-273-4615
greatmountainmusic.com

**Mile High Kite Festival**
Vendors, street dance
Sept. 1–2, Boone
800-468-5506
beechmtn.com

**Arts & Crafts Show**
Sept. 1–2, Maggie Valley
828-926-1686
maggievalley.org

**Art on the Greene**
Food, crafts
Sept.1–2, Banner Elk
828-898-5398
bannerelk.com

**Blue Bear Music Fest**
Variety of bands
Sept. 6–8, Boone
828-406-4226
bluebearmountain.com

**Literary Festival**
Readings, discussions
Sept. 6–8, Burnsville
828-208-4731
cmlitfest.org

**Morganton Festival**
Rides, music
Sept. 7–8, Morganton
828-438-5252
morgantonfest.org

**Art in the Park**
Sept. 8, Blowing Rock
828-295-7851
blowingrock.com

**The Foreigner**
Comedy of characters
Sept. 14–15 & 21–22, Franklin
866-273-4615
greatmountainmusic.com

**Fall Classic Bike Ride**
Benefits Winter Warmer Project
Sept. 15, Blowing Rock
828-295-4636
blowingrock.com

**Music Fest**
Multiple performances
Sept. 15, Blowing Rock
828-295-4812
theblowingrock.com

**Cruso Award & Banquet**
Fundraising dinner
Sept. 15, Canton
919-949-0943
crusonc.com

**Dahlia Daze**
Guided tours
Sept. 17–20, Hendersonville
828-698-6104
bullingtongardens.org

**Chamber Dinner**
Food, entertainment
Sept. 18, Murphy
828-837-2242
cherokeecountychamber.com

**Conservancy 5k**
Plus kids' fun run
Sept. 22, Blowing Rock
828-264-2511
blueridgeconservancy.org

**Molly Hatchet**
Concert, refreshments
Sept. 22, West Jefferson
336-877-2374
saloonstudioslive.com

**Quilt Show**
Silent auction, demos
Sept. 28–30, Asheville
828-254-4915
ashevillequiltguild.org

**Revolutionary War Days**
Colonial activities
Sept. 29–30, Morganton
828-433-6793
historicburke.org

*ONGOING*

**FEI World Equestrian Games**
Competition, demonstrations
Sept. 11–23, Mill Spring
828-863-1471
tryon2018.com

**Ghost Train**
Shows, trick-or-treating
Sept. 21–Oct. 27, Blowing Rock
800-526-5740
tweetsie.com

**Corn Maze & Pumpkin Festival**
Face painting, 'knockerball'
Sept. 21–Oct.28, West Jefferson
800-238-8733
ashecountycornmaze.com

## PIEDMONT

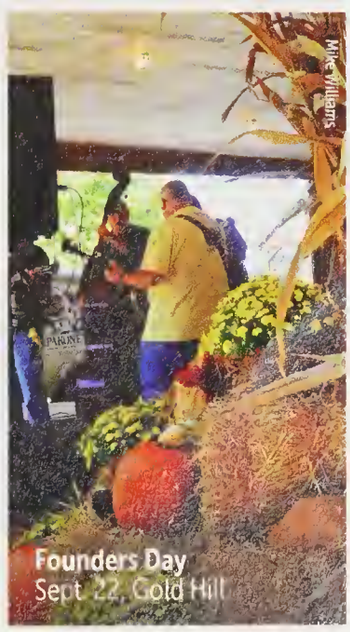
**Lake Gaston Festival**
Carnival rides, crafts
Aug. 31–Sept. 1, Littleton
252-676-5623
littletonlionsclubnc.com

**Old-Fashioned Farmers Day**
Music, antique farm equipment
Sept. 1–2, Silk Hope
919-542-4409
silkhopenc.org

**Acorn Festival**
Vendors, car & tractor show
Sept. 8, Four Oaks
919-963-4004
fouroakschamber.com

**Bluegrass Festival**
Benefit for bible camp
Sept. 8, Mocksville
336-262-6325
cbcbluegrass.com

**Heritage Day**
Food, children's games
Sept. 8, Eastover
910-797-4100
eastovercivicclub.org



Mike Williams

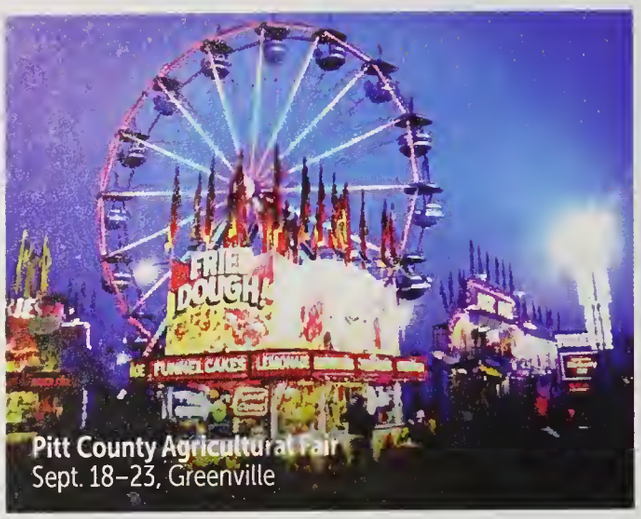
**Founders Day**
Sept. 22, Cold Hill

**carolinacountry.com/calendar**
See more events online with photos, descriptions, maps and directions.

**Know Before You Go**
In case something changes after Carolina Country goes to press, check information from the contact listed.

**Listing Deadlines:**
For Nov.: Sept. 25
For Dec.: Oct. 25

**Submit Listings Online:**
carolinacountry.com/calendar
(No email or U.S. Mail.)



Pitt County Agricultural Fair
Sept. 18–23, Greenville

**Walk to End Alzheimer's**
Two miles along river
Sept. 8, Mount Airy
800-272-3900
act.alz.org/mountairy

**Carolina Good Medicine Powwow**
Singing, drumming
Sept. 14–15, Concord
980-777-8671
kdh1993@yahoo.com

**Music Festival**
Kids activities, crafts
Sept. 15, Creedmoor
919-764-1003
cityofcreedmoor.org

**Bright Leaf Hoedown**
Arts, kids' farm Olympics
Sept. 22, Yanceyville
336-694-6106
caswellchamber.com

**Celebration of the Arts**
Storytelling, demos
Sept. 22, Hiddenite
828-632-6966
hiddenitearts.org

**Heritage Festival**
Includes 5K run, walk
Sept. 22, Monroe
704-283-8184
mastergardenersunioncountync.org

**Founders Day**
Parade, hayrides
Sept. 22, Gold Hill
704-267-9439
historicgoldhill.com

**World Hunger Day Yard Sale**
BBQ, entertainment
Sept. 29, Huntersville
704-875-6581
fbch.org

ONGOING

**Amazing Maize Maze**
Includes clue-searching
Sept. 15–Nov. 4, Huntersville
704-875-3113
ruralhill.net

**Trilogy**
Paintings, textiles, wood
Sept. 24–Oct. 21, Hillsborough
919-732-5001
hillsboroughgallery.com

## COAST

**Collard Festival**
Rides, contests
Sept. 6–9, Ayden
252-714-2149
aydencollardfestival.com

**Spanish Attack Anniversary**
Costumed interpreters
Sept. 7, Winnabow
910-371-6613
ncbrunswick.com

**Festival & Community 5K Fun Run**
Magician, food trucks
Sept. 8, Newport
252-223-4749
townofnewport.com

**Battleship Alive**
Insight into ship life
Sept. 9, Wilmington
910-399-9100
ncbrunswick.com

**Barrow Lectures**
Theme is God's presence
Sept. 11–12, Mount Olive
919-440-6030
jblackwell@umo.edu

**Leipers Fork Bluegrass Group**
Concert, bluegrass education
Sept. 13–14, Mount Olive
919-440-6030
cwellinger@umo.edu

**Day at the Docks**
Concert, chowder cookoff, boat parade
Sept. 14–15, Hatteras
dayatthedocks.org

**Harvest Festival**
Rides, music
Sept. 15, Bethel
252-818-0891
bethelnc.org

**NC Rice Festival**
Contest, arts
Sept. 15, Belville
910-795-0292
ncbrunswick.com

**Harborfest**
BBQ, auctions, dance
Sept. 21–22, Oriental
252-745-9703
harborfestnc.com

**Duchess**
Jazz vocal trio
Sept. 28, Oriental
252-617-2125
pamlicomusic.org

**Intercultural Festival**
Food, costumes, music
Sept. 29, Bolivia
910-842-6566
bcifestival.org

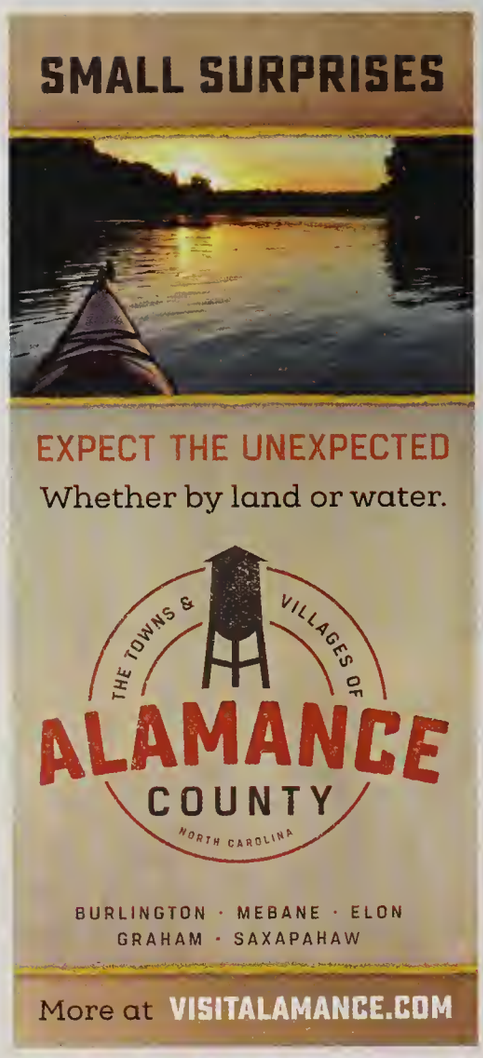
**Wooden Boat Show**
Demos, chowder
Sept. 29, Southport
910-477-2787
ncbrunswick.com

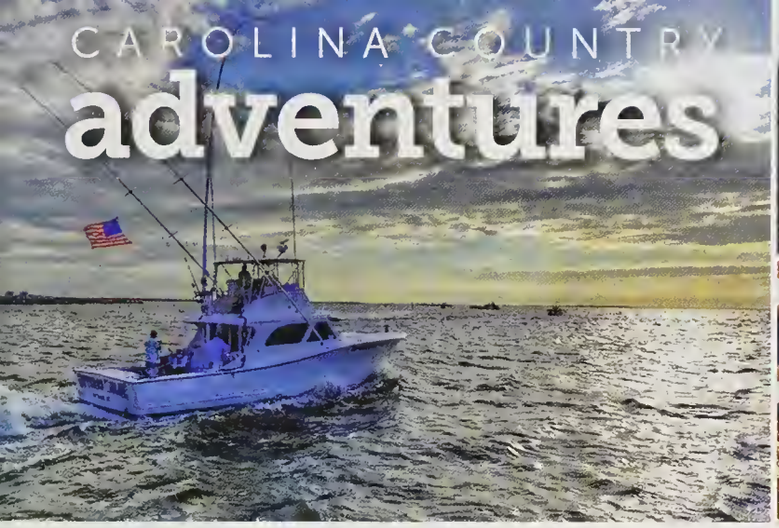
ONGOING

**Bluegrass Music**
The Grandpas perform
Every 1st, 3rd & 5th Thursdays
Autryville
910-525-5261
bit.ly/fb_PittmansCorner

**Pitt County Agricultural Fair**
Rides, music, games
Sept. 18–23, Greenville
252-758-6916
pittfair.org

There are more than 250 farmers markets in North Carolina. For one near you, visit bit.ly/NCfarmmarkets.





# Celebrating the Resiliency of a Coastal Community

*By Laura Ertle; Photos by Don Bowers, Island Free Press*

Fifteen years ago this month, Hurricane Isabel made landfall between Cape Lookout and Cape Hatteras as a Category 2 storm. The hurricane had devastating impacts on the area and cut a new inlet across Highway 12, isolating Hatteras Village from the rest of the island. In the aftermath of the storm, local watermen became the community's lifeline, helping transport supplies, residents and even shuttling children to school while highway repairs were made.

Day at the Docks, a community heritage celebration, was started one year later to celebrate the "Spirit of Hatteras" and its recovery, anchored by its commercial and charter fishermen. This annual event is a confirmation of the strength of community, heritage and living traditions of the waterman.

Presented by the Hatteras Island Civic Association, this family friendly festival is an excellent way to learn about the lives of commercial fisherman and their families and celebrate the spirit of community. The two-day event has a packed schedule featuring live music, cooking competitions, children's fishing tournaments, history talks and even fish cleaning demonstrations.

The celebration will begin on Friday evening with the "Taste of North Carolina" where guests can eat, drink and dance the night away. The tasty event will be held at Lee Robinson's General Store, which is celebrating its 70th anniversary this year. North Carolina producers, cookbook authors and beer and wine makers will be on hand to share their crafts while local musicians perform.

Saturday is a day full of events for all ages. The morning begins with the Fishy 5K and Dock Dash Fun Run, which loops through historic Hatteras Village and benefits the Hatteras United Methodist Church. The main festival events will begin at 10 a.m. and run until 5 p.m.

One of the most-anticipated events of the day is the Hatteras Island Cancer Foundation's Chowder Cookoff. Local restaurants from all over Hatteras Island will compete for the title of "Best Chowder on the Island." Make sure to bring your appetite as this event allows visitors to taste each chowder and vote for their favorite.

Another headlining event of the day is the Annual Seafood Throwdown cooking competition. This year, the Hatteras Village Volunteer Fire Department has challenged the Frisco Volunteer Fire Department to a cook-off that will feature local fare. Visitors can watch the cooking action and sample the results on the main stage at 2 p.m.

The education tent will feature a variety of organizations that support the coast through advocacy and education. Local award-winning photographer, Daniel Pullen, will have his photo documentary project, "The Hatteras Fisherman," on display in an adjacent tent. This tent will also feature a series of written tributes to the Hatteras waterman as part of a local initiative, the Waterman Project.

Throughout the day, the North Carolina Coastal Federation will offer tours of the marsh along Durant's Point, just across the harbor from the festival. In addition, local captains of the Albatross Fleet will offer harbor tours. The United States Coast Guard's 47-foot motor lifeboat will also be on site and open for tours.

Attendees can watch the local favorite Concrete Marlin Tournament where captains and mates compete for the best time to hook, reel and gaff a concrete cylinder that replicates the weight of a fighting marlin.

Day at the Docks will draw to a close with the final event, the Blessing of the Fleet at Hatteras Harbor Marina on Saturday evening. During the blessing, a historic shad boat will place a wreath on the water to honor the watermen who have "crossed the bar" for a final time.

**Day at the Docks**
Sept. 14 and 15
Hatteras Village
DayAtTheDocks.org

*Laura Ertle is director of Public Relations & Marketing for Cape Hatteras Electric Cooperative in Buxton.*

The cool bloom hue of 'Ellen's Blue'

# Smaller Bushes Still Bring in the Butterflies

*Story and photos by L.A. Jackson*

Around this time of year, gardeners are probably noticing two things about their butterfly bushes: (1) Even though bloom time started way back in early summer, these showy shrubs are still flaunting flowers; (2) Geez, they sure have grown since spring!

The butterfly bush (*Buddleia spp.*) is certainly a champ when it comes to producing a continual parade of blooms through the summer and into the fall, and all of these blossoms spring from new wood, meaning this shrub also stays busy pushing out lots of new limbs.

For many moons, I have grown butterfly bushes known as "Black Knight," which, for decades, has been a very popular cultivar. About every year or two in the early spring, I whack them back to 2-foot stubs because they begin to overgrow their boundaries and start bullying other plants. If I left them alone, they would eventually fan out to 8 feet wide and tall.

While large and gangly have long been common butterfly bush characteristics, recent introductions have begun to make small the new normal. In particular, the JC Raulston Arboretum at NC State University has developed a "Lo and Behold" series of minute butterfly bushes with "Blue Chip" being one of its first stars. It will barely reach over 2 feet in height and less than 5 feet wide. This dainty has been followed by other petite pretties such as the improved "Blue Chip Jr.," "Lilac Chip" (2 feet tall by 3 feet wide) and "Pink Micro Chip" (2 feet tall and wide).

Such undersized shrubs can, of course, be welcome additions to the front of an ornamental bed, but also consider thinking outside the box and into a large pot by making them showy container specimens.

If you need butterfly bushes with slightly more stature, opt for such midsize cuties as "Ellen's Blue," which, as advertised, has handsome, blue-infused flowers on a 5-by-5 foot frame, or the similar-sized "Miss Molly" with its snappy, wine-colored flowers. Ditto for "White Ball," only its blossoms bear a lighter tint.

There are other low-growing butterfly bushes available, but the ones I mentioned are some of the easiest to find. Heck, I have even spotted "Blue Chip" and similar shorties at big box home improvement stores. And all of the above cultivars are not hard to find online—in fact, if you want to e-shop semi-locally, start with NC-based Plant Delights Nursery (plantdelights.com) or Wayside Gardens (waysidegardens.com) in South Carolina.

*L.A. Jackson is the former editor of Carolina Gardener magazine. Contact L.A. at lajackson1@gmail.com.*

## Garden To-Do's for September

If blueberries are on your "must have" list for the garden, fall is a prime planting time. Southern highbush blueberries are best adapted to the widest range of conditions in the state. Rabbiteye varieties are more resistant to heat and drought, yielding a heavier crop during a sizzling spring and early summer, but they are not cold tolerant, so they should not be planted in the upper mountainous areas of Carolina country.

- ☐ Many lawn and garden centers now want to move out garden equipment to make room for holiday merchandise, so watch for sales on mowers, weed-eaters, trimmers, tillers, hoses and other such outdoor handyman helpers.
- ☐ Put more homegrown crunch in your cuisine by planting such salad-makers as broccoli, cauliflower, kale, lettuce, mustard greens, onions, radishes, rocket and spinach early this month.
- ☐ Indoor plants that have vacationed on the porch or patio should be returned inside before nighttime temperatures dip into the 50s. Check carefully for bugs and (especially) clusters of insect eggs.
- ☐ Keep the bird feeder well stocked for increasing activity with the coming of fall.

ADVERTISEMENT

# Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

*Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health*

**by David Waxman**
**Seattle Washington:**

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results…

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems… even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

## FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swelling and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

## EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened… Not only were all the issues I had with my stomach gone - completely gone – but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

## THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from of 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

## REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion… soothe aching joints… reduce the appearance of wrinkles and help restore hair and nails … manage cholesterol and oxidative stress… and improve sleep and brain function… without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

## One AloeCure Capsule Daily

- **Helps End Digestion Nightmares**
- **Helps Calm Painful Inflammation**
- **Soothes Stiff & Aching Joints**
- **Reduces appearance of Wrinkles & Increases Elasticity**
- **Manages Cholesterol & Oxidative Stress**
- **Supports Healthy Immune System**
- **Improves Sleep & Brain Function**

## HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for the next 48-hours only. All you have to do is call **TOLL-FREE 1-800-334-0130** and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. ALL DOCTORS MENTIONED ARE REMUNERATED FOR THEIR SERVICES. ALL CLINICAL STUDIES ON ALOECURE'S ACTIVE INGREDIENT WERE INDEPENDENTLY CONDUCTED AND WERE NOT SPONSORED BY THE AMERICAN GLOBAL HEALTH GROUP.

# Considering Skylights?

## Avoid common pitfalls

*By Pat Keegan and Brad Thiessen*

Skylights can bring a little of the outside world indoors and make your living space more livable—when they are installed correctly. But they can also impact your energy bills and comfort level, so before adding any to your home it's worth doing some research.

NREL/DOE

*Well-placed skylights can brighten rooms that lack daylight.*

One downside of skylights is they can add heat to your home during the summer and cause heat loss during the winter. The amount of impact depends upon a number of elements, including the skylight's energy rating, size, placement and quality of installation. You can check its energy efficiency by looking at the skylight's NFRC Energy Performance Label, which shows four important pieces of the energy efficiency puzzle:

- Insulation value (U-Factor)
- Ability to transmit solar heat (Solar Heat Gain Coefficient)
- Ability to allow light to transfer (Visible Transmittance)
- Air leakage

Finding a unit with the best ratings in all these categories will help maximize your skylight's energy efficiency and performance. It's probably worth spending a little more on a better product, since professional installation takes up the lion's share of the cost of installing a skylight into an existing roof. That said, even the best skylight has a much lower insulation value than a properly insulated attic.

Just as important as finding the right skylight is determining the proper size, number and placement. You want adequate light, but too much can make a room less functional on a bright day. Skylights on a steep, north-facing roof will reduce the unwanted solar heat gain in the summer, but this also reduces the desirable solar heat gain in winter.

### Avoiding common problems

Ultraviolet (UV) light can cause furniture finishes to fade. This can be minimized by making sure your skylight has high-quality glazing or by applying a special film to the skylight.

Proper installation by a knowledgeable professional is essential to avoid other common problems. One serious issue is water leaks—a problem often caused by improper exterior installation on the roof. Flashing must be installed correctly to be effective for the pitch of the roof and the type of roofing materials.

Another potential problem area is the skylight shaft that transmits the light into the living space below. Inadequate or poorly installed insulation is a source of heat loss and can cause ice dams that allow water to find its way into the home. Air leaks in the shaft also can cause these types of problems. Moisture problems can cause condensation build-up inside the home, resulting in mold, mildew and rot (especially in bathrooms).

### Other options

An alternative option to the regular skylight is the tubular skylight. A small skylight on the roof is connected to a flexible tube that runs through the attic to a room below. This system provides a diffused natural light. The tube is much smaller than a skylight shaft, and is easier and less expensive to install. The tube has less heat loss and is less leak-prone. Tubular skylights can fit into spaces that a traditional skylight can't, and can be a better choice in rooms with high moisture, like bathrooms, saunas or indoor swimming pools.

As you consider your options, it may be worthwhile to think back to your goals. Perhaps you can gain more light in these rooms without installing a skylight by trying these steps:

- Paint the room a lighter color.
- Hang mirrors.
- Replace heavy window coverings with lighter ones.
- Add indirect lighting such as upward-facing pole lamps.
- Trim any trees that shade the windows.

If you've done your research and decide to move forward with new skylights, do consider buying the best product your budget will accommodate, and find a contractor with experience and solid references to provide the installation.

*This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. Visit carolinacountry.com/your-energy for more ideas on energy efficiency.*

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# Skip the Mowing with Lawn Alternatives

By Hannah McKenzie

**Q:** I've been so grateful for the rain and growth of my garden this summer, but I am tired of mowing the grass. I realize maintaining any sort of yard will involve work, but I would love to not be tied to mowing so often. What are some alternatives to having a traditional lawn?

**A:** Mowing a lawn in extreme heat every weekend can be a drag. Fortunately, there are a variety of attractive alternatives that may save you time and benefit the environment.

First, figure out what type of grass is growing in your yard. North Carolina State University's "Carolina Lawns" guide (bit.ly/ncsu-carolinalawns) can help you identify what you have and select an appealing lawn alternative based on climate, shade, soil type and typical use. The guide includes detailed information for each species of turf grass regarding when and how to install a new lawn, and what routine maintenance to perform.

Communities trying to improve water quality by reducing the use of nitrogen fertilizers or wanting to feed bees may be intrigued by microclover, a super-short white clover researched by the University of Maryland that grows amidst tall fescue and adds nitrogen to the soil.

Second, consider shrinking your lawn by increasing the areas covered with mulch or planting a meadow or forest.

Applying a thick layer of mulch after the soil has warmed in the spring can help keep weeds and grasses at bay. Wood chip mulch can be delivered for free or a minimal fee from local tree removal companies needing to dump surplus wood chips. Call around to discover options in your neighborhood.

Adding mulched areas may finally nudge you to install that herb, vegetable or fruit garden you always wanted. Most public libraries have an abundance of books about making edible landscapes. Alternatively, if you love cut flowers, consider starting a flower garden that will keep your dining table decorated year-round.

Meadows have been gaining popularity in communities interested in supporting wildlife, particularly butterflies, bees and birds. A portion of your yard could be a dense flowering meadow...just be sure to keep any plants 2 or 3 feet from your house to deter wildlife from moving in. NC State University maintains the online resource "Going Native" (bit.ly/ncsu-goingnative) that offers guidance for transforming your yard into a space where wildlife can find food, water and shelter.

For folks with acreage, planting a forest may be an option. The North Carolina Forest Service sells native understory grasses and tree seedlings in bulk at affordable prices.

Renovating a yard may seem like an overwhelming prospect at first, but thankfully it can be done gradually and affordably and result in endless possibilities. And less mowing. This may be an opportunity to get to know your neighbors better or meet more folks in your community by calling your county cooperative extension office or Master Gardeners for resources and guidance.

*Hannah McKenzie is a building science consultant for Advanced Energy in Raleigh.*

### Further reading

For inspiration, check out these resources from North Carolina Cooperative Extension:

"Alternative to a Formal Lawn" from Pamlico County (bit.ly/ncsu-lawnalternatives)

"Lawn and Lawn Alternative Resources" compiled by Chatham County (bit.ly/ncsu-chathamlawns)

"Plant a Meadow Garden" from Brunswick County (bit.ly/ncsu-meadowgarden)

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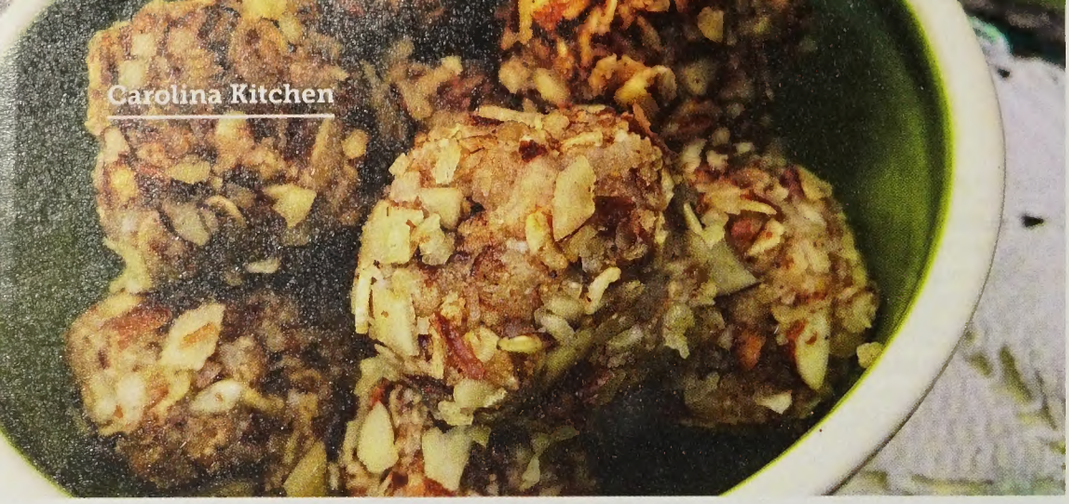

## Cinnamon-Pear Energy "Cookie" Bites

*Fall is here, and so are fresh pears. Use these no-bake treats as "cookies," perfect to tuck into lunch bags for everyone's enjoyment.*

- 2½ cups old-fashioned oats
- 1½ cups crispy rice cereal
- ¼ cup ground flax seeds
- 1 teaspoon cinnamon
- Pinch salt
- 1 cup peeled and grated firm pear with juice*
- ¾ cup crunchy almond butter
- ½ cup coconut oil
- ⅔ cup honey
- ½ teaspoon vanilla extract
- ½ teaspoon almond extract
- 1 (5-ounce) bag sliced almonds, finely chopped

In a large bowl, combine all dry ingredients.

In a smaller bowl, combine pear with remaining wet ingredients. Pour over dry mixture and blend until evenly coated. (*Using hands works best to make sure all ingredients are incorporated together.*)

Refrigerate for an hour.

With hands or small scoop, roll into tablespoon-sized balls, then roll in crushed almonds. Store in airtight container in refrigerator up to 5 days.

**Use about 3 pears, depending on size*

*Yield: about 2 dozen*

## Country-Style Steak Meatballs

*with Onion Gravy*

*These meatballs are loaded with flavor and so versatile. Enjoy on subs, over buttery mashed potatoes or in creamy grits.*

### Meatballs

- 2 pounds ground beef
- 1 cup diced onions
- ½ cup chopped parsley
- 1 cup bread crumbs
- 1 egg
- 3 tablespoons Worcestershire sauce
- 3 tablespoons spicy brown mustard
- ¼ cup ketchup
- 2 teaspoons salt
- 1 teaspoon black pepper

### To fry

- 1 cup flour
- Frying oil

### Gravy

- 1 large sweet onion, thinly sliced
- 1 (10.75-ounce) can French onion soup
- 1 (10.75-ounce) can golden mushroom soup
- ½ can water

Combine meatball ingredients and mix well. Chill for about an hour to let flavors meld. Using damp hands, make ¾-inch meatballs.

Heat about ¼-inch deep oil in skillet to medium heat. Dust meatballs in flour and fry until browned and fully cooked, about 15 to 20 minutes. Remove and keep warm.

Toss onion in remaining flour, shake off excess and sauté in oil, scraping up browned bits. Once golden, dab any excess oil with paper towel. Add soups and water; whisk to combine with onions until smooth.

Place meatballs into gravy and coat. Garnish with parsley and serve.

*Yield: about 2½ dozen meatballs*

Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurist and blogger, who chats about goodness around NC on her blog at WendysHomeEconomics.com.

## Mediterranean Snapper

- 2–3 medium lemons, thinly sliced
- 2–3 sprigs of rosemary
- 2–3 garlic cloves, thinly sliced
- 10–12 Kalamata olives
- 1½–2 pounds Red Snapper fillets (or white fish of your choice)*
- 1–2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- ½ teaspoon fresh ground pepper

Preheat oven to 425 degrees.

Layer half of the lemon slices and half of the rosemary leaves on bottom of a rectangular baking dish. Scatter half of the olives and half of the garlic around the pan.

Season both sides of the fish with salt and pepper and lay (skin-side down, if applicable) on bed of lemons, rosemary, olives and garlic. Place remaining rosemary, garlic and olives on top of fish and top with remaining lemon slices. Drizzle with olive oil and freshly squeezed lemon juice.

Bake for 15 to 20 minutes or until fish flakes easily (depending on thickness of fillets).

**This recipe also works well with boneless chicken breasts. Allow 40 to 45 minutes for 1 pound of chicken breasts.*

*Yield: 4 servings*

Recipe courtesy of Anne Aulbert, Hillsborough, a member of Piedmont Electric. Anne was selected to receive a copy of the "Mariner's Menu" cookbook, published by North Carolina Sea Grant (see "Win This Book," June 2018, page 34).

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*—Jenny Lloyd, recipes editor*

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